## FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

|  | Check this box if no longer subject to<br>Section 16. Form 4 or Form 5<br>obligations may continue. See<br>Instruction 1(b). |
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# STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

# OMB APPROVAL OMB Number: 3235-0287 Estimated average burder hours per response: 0.5

|            | ldress of Reporting Po | erson*   | 2. Issuer Name <b>and</b> Ticker or Trading Symbol<br><u>CIRCOR INTERNATIONAL INC</u> [ CIR ] |          | ationship of Reporting Pe<br>< all applicable)<br>Director | 10% Owner            |
|------------|------------------------|----------|---|----------|--|----------------------|
| ,          |                        |          | —   | - x      | Officer (give title  | Other (specify       |
| (Last)     | (First)                | (Middle) | 3. Date of Earliest Transaction (Month/Day/Year)  |          | below)   | below)               |
|            |                        |          | 03/01/2010  |          | Group Vice P   | resident             |
| C/U CIRCUI | R INTERNATION          | AL       |   |          |  |                      |
| 25 CORPOR  | ATE DRIVE              |          |   |          |  |                      |
|            |                        |          | 4. If Amendment, Date of Original Filed (Month/Day/Year)                                      | 6. Indiv | vidual or Joint/Group Fili                                 | ng (Check Applicable |
| (Street)   |                        |          |   | Line)    |  |                      |
| 1 · /      |                        | 01000    |   | X        | Form filed by One Re                                       | porting Person       |
| BURLINGT   | JN MA                  | 01803    |   |          | Form filed by More th                                      | an One Reporting     |
|            |                        |          | —   |          | Person   | an one reporting     |
| (City)     | (State)                | (Zip)    |   |          |  |                      |
|            | (0:00)                 | ()       |   | 1        |  |                      |

#### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3) | 2. Transaction<br>Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | Code (Ins |   | 4. Securities Acquired (A) or<br>Disposed Of (D) (Instr. 3, 4 and<br>5) |               |  | 5. Amount of<br>Securities<br>Beneficially<br>Owned Following<br>Reported | 6. Ownership<br>Form: Direct<br>(D) or Indirect<br>(I) (Instr. 4) | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|---------------------------------|--|---|-----------|---|---|---------------|--|---|---|---|
|                                 |  |   | Code      | v | Amount  | (A) or<br>(D) |  | Transaction(s)<br>(Instr. 3 and 4)  |   | (msu. 4)  |

### Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transa<br>Code (<br>8) |   | 5. Num<br>of<br>Deriva<br>Securi<br>Acquir<br>(A) or<br>Dispos<br>of (D)<br>(Instr. 3<br>and 5) | tive<br>ties<br>ed<br>sed<br>3, 4 | 6. Date Exerc<br>Expiration Da<br>(Month/Day/N | ate                | 7. Title and<br>Amount of<br>Securities<br>Underlying<br>Derivative Security<br>(Instr. 3 and 4) |  | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 4) | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|---|---|--|---|------------------------------|---|---|-----------------------------------|--|--------------------|--|--|---|--|--|--|
|   |   |  |   | Code                         | v | (A)   | (D)                               | Date<br>Exercisable                            | Expiration<br>Date | Title  | Amount<br>or<br>Number<br>of<br>Shares |   |  |  |  |
| Restricted<br>Stock<br>Units                        | (1)   | 03/01/2010                                 |   | A                            |   | 1,774   |                                   | 03/01/2013                                     | (1)                | Common<br>Stock  | 1,774                                  | (1)   | 1,774  | D  |  |
| Restricted<br>Stock<br>Units                        | (2)   | 03/01/2010                                 |   | A                            |   | 3,855   |                                   | (2)  | (2)                | Common<br>Stock  | 3,855                                  | (2)   | 3,855  | D  |  |
| Restricted<br>Stock<br>Units                        | \$30.91   | 03/01/2010                                 |   | A                            |   | 2,798   |                                   | (3)  | 03/01/2020         | Common<br>Stock  | 2,798                                  | (3)   | 2,798  | D  |  |

## Explanation of Responses:

1. Restricted Stock Units (RSUs) convert into Common Stock on a one-for-one basis. These RSUs issued under the issuer's Management Stock Purchase Plan (MSPP) pursuant to which certain executives may make an advance election to receive RSUs in lieu of a specified percentage or dollar amount of such executive's annual incentive cash bonus under the bonus plan applicable to the executive. The RSUs are issued in whole units on the basis of a 33% discount from the fair market value of the issuer's common stock on the date that the underlying bonus is determined and generally vest 3 years from the date of grant at which time they convert into shares of common stock unless the executive previously has selected a longer deferral period.

2. The Restricted Stock Units (RSUs) granted herein are in connection with the Company's grant of long-term incentive awards for the 2010 Fiscal Year. These RSUs, which represent 75% of the long-term incentive awarded to the executive, vest in three equal installments on April 1, 2011, March 1, 2012 and March 1, 2013 and convert into shares of common stock on a one-for-one basis unless the executive previously has selected a longer deferral period.

3. The options vest 100% on 3/1/2013. The options convert into shares of common stock on a one-for-one basis.

/s/ Alan J. Glass

\*\* Signature of Reporting Person

03/01/2010

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.