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SYSCO CO Form 4	RP							
August 29, 2								
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							PPROVAL 3235-0287	
Check th if no lon subject t Section Form 4 of Form 5 obligation may con <i>See</i> Instr 1(b).	ger o 16. or Filed pur ons tinue.	Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940						
(Print or Type	Responses)							
1. Name and A Day Willian	Symbol		d Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) 1390 ENCI	(Month	of Earliest 7 /Day/Year) 2016	Fransaction	Director 10% Owner X Officer (give title Other (specify below) below) Executive Vice President				
			nendment, D onth/Day/Yea	Date Original ar)	 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
HOUSTON	I, TX 77077				Person	More than One R	eporting	
(City)	(State)	(Zip) Ta	ble I - Non-	Derivative Securities A	Acquired, Disposed o	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Date, if any	Code (Instr. 8)	4. Securities onAcquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price	Securities D Beneficially (Owned (Following (Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Rej	port on a separate line	e for each class of se	curities bene	information con required to resp	or indirectly. spond to the collect tained in this form ond unless the for ently valid OMB cor	are not m	SEC 1474 (9-02)	

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	Acquired (A Disposed of (Instr. 3, 4, 5)	f (D)				
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to buy)	\$ 52.42	08/25/2016		A		110,000		<u>(1)</u>	08/24/2026	Common Stock	110,000

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
Day William B.			Executive					
1390 ENCLAVE PARKWAY			Vice					
HOUSTON, TX 77077			President					
Signatures								
Gerald W. Clanton, attorney								

Date

in fact 08/29/2016

<u>**</u>Signature of Reporting Person

Explanation of Responses:

* 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).
- (1) One-third of the shares covered by the grant vest and are exercisable on $\frac{8}{25}/2017$, $\frac{8}{25}/2018$ and $\frac{8}{25}/2019$, respectively. No options may be exercised prior to $\frac{8}{25}/2017$. Options will expire on $\frac{8}{24}/2026$.
- (2) Options granted by the Compensation Committee of the Company's Board of Directors pursuant to the 2013 Long Term Incentive Plan.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.