

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 burden hours per response: 0.5

1. Name and Address of Reporting Person* <u>ROCKWELL MICHAEL J</u>			2. Issuer Name and Ticker or Trading Symbol <u>AVID TECHNOLOGY INC [ AVID ]</u>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title below) Other (specify below) <u>SVP &amp; Chief Technology Officer</u>		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) <u>11/01/2005</u>			6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person		
(Street) <u>2105 LEWIS ROAD</u>			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(City) (State) (Zip) <u>PALO ALTO CA 94303</u>								

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities 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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	11/01/2005		M		6,250	A	\$12.8	6,250	D	
Common Stock	11/01/2005		M		7,077	A	\$14.13	13,327	D	
Common Stock	11/01/2005		M		423	A	\$14.13	13,750	D	
Common Stock	11/01/2005		M		12,601	A	\$22.01	26,351	D	
Common Stock	11/01/2005		S		22,617	D	\$50.02	3,734	D	
Common Stock	11/01/2005		S		1,675	D	\$50.03	2,059	D	
Common Stock	11/01/2005		S		1,000	D	\$50.09	1,059	D	
Common Stock	11/01/2005		S		1,059	D	\$50.16	0	D	

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non-qualified Stock Option (right to buy)	\$12.8	11/01/2005		M		6,250	10/17/2001	04/17/2011	Common Stock	6,250	\$0	0	D	
Incentive Stock Option (right to buy)	\$14.13	11/01/2005		M		7,077	09/06/2002	03/06/2012 <sup>(1)</sup>	Common Stock	7,077	\$0	3,054	D	
Non-qualified Stock Option (right to buy)	\$14.13	11/01/2005		M		423	09/06/2002	03/06/2012 <sup>(1)</sup>	Common Stock	423	\$0	70	D	
Non-qualified Stock Option (right to buy)	\$22.01	11/01/2005		M		12,601	07/10/2003	01/10/2013 <sup>(1)</sup>	Common Stock	12,601	\$0	8,328	D	

Explanation of Responses:

1. 12.5% of the option becomes exercisable on the date listed in the "Date Exercisable" column; the remaining 87.5% becomes exercisable in 42 equal monthly installments thereafter.

Remarks:

Michael Rockwell11/03/2005

\*\* Signature of Reporting PersonDate

\* 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.**