FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

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

	nd Address of L DAVID		2. Issuer Name and Ticker or Trading Symbol AVID TECHNOLOGY INC [AVID]								able) r	10% C	10% Owner					
(Last) 31 AVEF	(F RY LANE		te of Ear 5/2004	liest Tran	saction (f	Month	/Day/Year)	X	Officer (give title below) President & CEO									
(Street) ANDOVER MA 01810					4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting										on			
(City) (State) (Zip)													Person					
		Tal	ble I - Non-Deri	vative	Secur	ities Ad	quired	l, Di	sposed of	f, or Be	neficially	Owned						
1. Title of Security (Instr. 3)				action Day/Year)	Execution Date,		3. Transaction Code (Instr. 8)		4. Securities Disposed O	s Acquired (A) or f (D) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported	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	Transact	Transaction(s) (Instr. 3 and 4)		(11341.4)					
Common	Stock		09/15	/2004			M		564	A	\$11.187	5 38,	,019	D				
Common	Stock		09/15	/2004			M		16,936	A	\$11.375	54,	,955	D				
Common	Stock		09/15	09/15/2004			M		12,500	A	\$9.96	67,	,455	D				
Common	Stock		09/15	09/15/2004			S		500	D	\$43.86	66	,955	D				
Common	Stock		09/15	09/15/2004			S		700	D	\$43.85	66,	,255	D				
Common Stock				09/15/2004			S		800	D	\$43.84	65,	,455	D				
Common Stock				09/15/2004			S		500	D	\$43.83	64	,955	D				
Common	Stock		09/15	/2004			S		1,000	D	\$43.8	63	,955	D				
Common	Stock		09/15	/2004			S		1,800	D	\$43.76	62,	,155	D				
Common	09/15	09/15/2004			S		800	D	\$43.75	61,	,355	D						
Common	09/15	/2004			S		200	D	\$43.74	61,	,155	D						
Common Stock				09/15/2004			S		2,200	D	\$43.73	58,	,955	D				
Common Stock				09/15/2004			S		300	D	\$43.68	58,	,655	D				
Common Stock				/2004			S		300	D	\$43.65	58,	,355	D				
Common	09/15	/2004			S		1,800	D	\$43.62	56,	,555	D						
Common	09/15	/2004			S		2,400	D	\$43.61	54,	,155	D						
Common	09/15	/2004			S		400	D	\$43.58	53,	,755	D						
Common	09/15	/2004			S		200	D	\$43.55	53,	,555	D						
Common	09/15	/2004			S		200	D	\$43.52	53,	,355	D						
Common	Stock		09/15	/2004			S		600	D	\$43.51	52,	,755	D				
Common	Stock	09/15	09/15/2004			S	s 15,300		D	\$43.5	37,	,455	D					
			Table II - Deriva (e.g.,						oosed of, convertib			Owned						
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	onversion Date Execution if any ice of erivative Execution		4. Transacti Code (Ins 8)			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(: (Instr. 4)	Ownershi Form: Direct (D) or Indirect (I) (Instr. 4	Beneficial Ownership t (Instr. 4)			
				Code V	(A)	(D)	Date Exercisa	able	Expiration Date	Title	Amount or Number of Shares							

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)	//Day/Year) Execution Date, if any (Month/Day/Year) Transaction Code (Instr. 8) Deriva Securi Acqui (A) or Dispo of (D)		urities uired or	Expiration Date (Month/Day/Year) ities red sed (Instr.			7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		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	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non- Qualified Stock Option (right to buy)	\$11.1875	09/15/2004		M			564	01/29/1998 ⁽³⁾	01/29/2007	Common Stock	564	\$0	0	D	
Non- Qualified Stock Option (right to buy)	\$11.375	09/15/2004		M			16,936	05/09/2000 ⁽²⁾	11/09/2009	Common Stock	16,936	\$0	52,762	D	
Non- Qualified Stock Option (right to buy)	\$9.96	09/15/2004		M			12,500	02/28/2002 ⁽¹⁾	08/31/2011	Common Stock	12,500	\$0	37,500	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.
- 2. 25% of the option becomes exercisable on the date listed in the "Date Exercisable" column; the remaining 75% becomes exercisable in three equal six month installments thereafter.
- 3. 25% of the option becomes exercisable on the date listed in the "Date Exercisable" column; the remaining 75% becomes exercisable in 12 equal quarterly installments beginning three months after the date listed in the "Date Exercisable" column.

Remarks:

<u>David Krall</u> <u>09/16/2004</u>

** Signature of Reporting Person

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.

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