

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Filed By
Romeo and Dye's
Section 16 Filer
www.section16.net

1. Name and Address of Reporting Person*			2. Issuer Name and Ticker or Trading Symbol				6. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
Rockwell Michael J.			Avid Technology, Inc. (AVID)				<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner						
(Last) (First) (Middle)			3. I.R.S. Identification Number of Reporting Person, if an entity (voluntary)				<input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)						
50 Hidden Road							SVP & Chief Technology Officer						
(Street)			5. If Amendment, Date of Original (Month/Day/Year)				7. Individual or Joint/Group Filing (Check Applicable Line)						
Andover, MA 01810							<input checked="" type="checkbox"/> Form filed by One Reporting Person						
(City) (State) (Zip)			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 & 5)			5. Amount of Securities Beneficially Owned Following Reported Transactions(s) (Instr. 3 & 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	04/29/03		M		12,000	A	\$11.375			D			
Common Stock	04/29/03		S		500	D	\$27.51			D			
Common Stock	04/29/03		S		978	D	\$27.50			D			
Common Stock	04/29/03		S		700	D	\$27.49			D			
Common Stock	04/29/03		S		6,800	D	\$27.48			D			
Common Stock	04/29/03		S		1,022	D	\$27.45			D			
Common Stock	04/29/03		S		600	D	\$27.61			D			
Common Stock	04/29/03		S		200	D	\$27.60			D			
Common Stock	04/29/03		S		600	D	\$27.58			D			
Common Stock	04/29/03		S		100	D	\$27.56			D			
Common Stock	04/09/03		S		100	D	\$27.54			D			
Common Stock	04/29/03		S		300	D	\$27.53			D			
Common Stock	04/29/03		S		100	D	\$27.51	0		D			

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).

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FORM 4 (continued)

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 & 5)		6. Date Exercisable and Expiration Date (Month/Day/ Year)		7. Title and Amount of Underlying Securities (Instr. 3 & 4)		8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number			

										of Shares			or Indirect (I) (Instr. 4)	
Non-Qualified Stock Option (right to buy)	\$11.375	04/29/03		M		12,000	05/09/00 ⁽¹⁾	11/09/09	Common Stock	10,000		35,500	D	

Explanation of Responses:

⁽¹⁾ Twenty-fice percent of the option becomes exercisable on the date listedin the "Date Exercisable" column; the remaining seventy-five percent becomes exercisable in three equal bi-annual installments thereafter.

By: /s/ Mike Rockwell

04/29/03

**Signature of Reporting Person

Date

**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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