TRIUMPH GROUP INC /
Form 3
July 28, 2009

FORM 3

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

OMB APPROVAL

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INITIAL STATEMENT OF 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 Address of Reporting Person *
Â FRISBY JEFFRY D

(Last) (First) (Middle)

1550 LIBERTY RIDGE DRIVE,Â SUITE 100

(Street)

WAYNE,Â PAÂ 19087

(City) (State) (Zip)

2. Date of Event Requiring Statement (Month/Day/Year)
07/23/2009

3. Issuer Name **and** Ticker or Trading Symbol
TRIUMPH GROUP INC / [TGI]

4. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

_____ Director
_____ 10% Owner
__X__ Officer (give title below)
_____ Other (specify below)
President & COO

5. If Amendment, Date 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 Person

Table I - Non-Derivative Securities Beneficially Owned

1.Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	1,957	D	Â
Common Stock	1,853 (3)	D	Â
Common Stock	2,865 (4)	D	Â
Common Stock	4,538 (5)	D	Â

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

SEC 1473 (7-02)

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 control number.

Table II - Derivative Securities Beneficially Owned (*e.g.*, puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
Employee Stock Option (right to buy)	Â (1)	04/20/2011	Common Stock	6,436	$ 38.35	D	Â
Employee Stock Option (right to buy)	Â (1)	04/19/2012	Common Stock	2,317	$ 44.91	D	Â
Employee Stock Option (right to buy)	Â (1)	11/12/2013	common stock	3,045	$ 32.83	D	Â
Employee Stock Option (right to buy)	Â (2)	04/22/2015	Common Stock	5,900	$ 30.74	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
FRISBY JEFFRY D 1550 LIBERTY RIDGE DRIVE SUITE 100 WAYNE,Â PAÂ 19087	Â	Â	Â President & COO	Â

Signatures

Jeffry Frisby	07/28/2009
**Signature of Reporting Person	Date

Explanation of Responses:

*	If the form is filed by more than one reporting person, *see* Instruction 5(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)	The options vest in four equal annual installments beginning on the first anniversary of grant date.
(2)	The options vest in three equal annual installments beginning on the first anniversary of the grant date.
(3)	Represents vesting of an award granted on June 22, 2007 under the Triumph Group, Inc. 2004 Stock Incentive Plan. The performance component of the award provided for vesting upon attaintment of a specified earning per share target for fiscal year 2008, which vesting occcured on April 25, 2008. The shares received are subject to forfeiture restrictions in designated circumstances.
(4)	Represents vesting of an award granted on April 24, 2008 under the Triumph Group, Inc. 2004 Stock Incentive Plan. The performance component of the award provided for vesting upon attaintment of a specified earning per share target for fiscal year 2009, which vesting occcured on April 24, 2009. The shares received are subject to forfeiture restrictions in designated circumstances.
(5)	Represents vesting of an award granted on April 20, 2006 under the Triumph Group, Inc. 2004 Stock Incentive Plan. The performance component of the award provided for vesting upon attaintment of a specified earning per share target for fiscal year 2007, which vesting occcured on May 3, 2007. The shares received are subject to forfeiture restrictions in designated circumstances.

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.

Explanation of Responses: