

LIN TV CORP
Form 4
December 22, 2005

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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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 Address of Reporting Person *
FOJTASEK RANDALL S

(Last) (First) (Middle)

FOUR RICHMOND SQUARE

(Street)

PROVIDENCE, RI 02906

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
LIN TV CORP [TVL]

3. Date of Earliest Transaction (Month/Day/Year)
12/22/2005

4. If Amendment, Date Original Filed (Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)

6. Individual or Joint/Group Filing (Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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. 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 Ownership (Instr. 4)
			Code	V	Amount	(D)	Price
Common Stock (restricted)	12/22/2005		A		7,984	A	\$ 0 34,341
						D	

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

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SEC 1474 (9-02)

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

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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 Underlying Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options	\$ 0 ⁽¹⁾	12/22/2005		M	5,952	08/30/2001 08/30/2010	Class A Common Stock	5,952	
Stock Options	\$ 0 ⁽¹⁾	12/22/2005		M	10,000	05/02/2003 05/02/2012	Class A Common Stock	10,000	
Stock Options	\$ 0 ⁽¹⁾	12/22/2005		M	4,000	05/14/2005 05/14/2014	Class A Common Stock	4,000	
Stock Options	\$ 0 ⁽¹⁾	12/22/2005		M	4,000	05/23/2004 05/23/2013	Class A Common Stock	4,000	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
FOJTASEK RANDALL S FOUR RICHMOND SQUARE PROVIDENCE, RI 02906		X		

Signatures

/s/ Peter E. Maloney, Attorney-in-fact for Randall S. Fojtasek	12/22/2005
**Signature of Reporting Person	Date

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).

Pursuant to the Company's exchange offer to exchange existing stock options for restricted stock on a 3 to 1 ratio, Executive surrendered a (1) total of 23,952 options in receipt for a grant of 7,984 shares of restricted stock. The restricted stock received vests in five equal annual installments from July 2006 to July 2010.

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.