

Symmetry Medical Inc.  
Form 8-K  
July 21, 2010

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

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FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): July 20, 2010

SYMMETRY MEDICAL INC.  
(Exact name of Registrant as specified in its charter)

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Delaware  
(State or other jurisdiction of  
incorporation)

001-32374  
(Commission File Number)

35-1996126  
(IRS Employer Identification No.)

3724 N State Road 15, Warsaw, Indiana 46582  
(Address of Principal executive offices, including Zip Code)

(574) 268-2252  
(Registrant's telephone number, including area code)

(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
  - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
  - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
  - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
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Item 8.01. Other Events

On July 20, 2010, Symmetry Medical, Inc. issued a press release entitled "Symmetry Medical to Report Second Quarter 2010 Financial Results on August 5, 2010," in which it announced that it will report the noted financial results before the market opens on August 5, 2010.

A copy of this press release is being furnished as Exhibit 99.1.

Item 9.01. Financial Statements and Exhibits

(d) Exhibits

99.1 "Symmetry Medical to Report Second Quarter 2010 Financial Results on August 5, 2010," Press Release issued by Symmetry Medical, Inc. dated July 20, 2010.

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Symmetry Medical Inc.

/s/ Fred L. Hite

Name: Fred L. Hite

Title: Chief Financial Officer

Date: July 20, 2010

EXHIBIT INDEX

Exhibit No. Description

99.1 "Symmetry Medical to Report Second Quarter 2010 Financial Results on August 5, 2010," Press Release issued by Symmetry Medical, Inc. dated July 20, 2010.

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