Edgar Filing: Triangle Capital CORP - Form 4

Triangle Cap Form 4 June 03, 200										
							OMB AF	PROVAL		
FORM	OMB Number:	3235-0287								
Check th	aer.						Expires:	January 31, 2005		
if no longer subject to Section 16. Form 4 or Form 5 obligations Section 17(c) of the Public Utility Holding Compared					xchange	e Act of 1934,	Estimated average burden hours per response			
Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940 1(b).										
(Print or Type]	Responses)									
1. Name and A RICH SIMO	Address of Reporting Person <u>*</u> ON B	2. Issuer Name and Symbol			-	5. Relationship of Reporting Person(s) to Issuer				
		Triangle Capital	_	ľCAł	']	(Check all applicable)				
(Last) 3600 GLEN AVENUE,		3. Date of Earliest Tr (Month/Day/Year) 05/30/2008	-				X Director 10% Owner Officer (give title Other (specify below) below)			
DALEICH	4. If Amendment, Day Filed (Month/Day/Year	-	1		 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 					
RALEIOH, NC 27012 Person										
(City)	(State) (Zip)	Table I - Non-I			-	uired, Disposed of		-		
1.Title of Security (Instr. 3)	2. Transaction Date 2A. Do (Month/Day/Year) Execution (Monthing) (Monthing)	Year) Execution Date, if Transaction(A) or Dispose			d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
		Code V	Amount	or (D)	Price	(Instr. 3 and 4)				
Common Stock	05/30/2008	Р	500	A	\$ 11.73	16,500	D			
Common Stock	05/30/2008	Р	1,000	А	\$ 11.75	17,500	D			
Common Stock	05/30/2008	Р	1,000	A	\$ 11.79	18,500	D			
Common Stock	05/30/2008	Р	1,350	А	\$ 11.8	19,850	D			
Common Stock	05/30/2008	Р	350	A	\$ 11.82	20,200	D			

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Common Stock	3,500	Ι	By Wife
Reminder: Report on a separate line for each class of securities beneficially owned direct	ly or indirectly.		

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 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)	4. Transact Code (Instr. 8)	5. orNumber of Derivativ Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	3	Date	Unde Secur	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
RICH SIMON B 3600 GLENWOOD AVENUE SUITE 104 RALEIGH, NC 27612	Х							
Signatures								
Robert C. Humphreys, Attorney B. Rich	06/03/2008							

**Signature of Reporting Person

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).

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.

Date