

SECURITIES AND EXCHANGE COMMISSION

FORM 4

Statement of changes in beneficial ownership of securities

Filing Date: **2004-05-18** | Period of Report: **2004-05-14**

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REPORTING OWNER

MCREAVY ROBERT J

CIK: **1186660**

Type: **4** | Act: **34** | File No.: **001-10582** | Film No.: **04814827**

Business Address
*5050 LINCOLN DRIVE
EDINA MN 55436*

ISSUER

ALLIANT TECHSYSTEMS INC

CIK: **866121** | IRS No.: **411672694** | State of Incorporation: **DE** | Fiscal Year End: **0331**

SIC: **3760** Guided missiles & space vehicles & parts

Mailing Address
*5050 LINCOLN DRIVE
EDINA MN 55436-1097*

Business Address
*5050 LINCOLN DRIVE
EDINA MN 55436-1097
9523513000*

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

1. Name and Address of Reporting Person MCREAVY ROBERT J			2. Issuer Name and Ticker or Trading Symbol ALLIANT TECHSYSTEMS INC [ATK]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) Treasurer, VP Tax & Risk Mgmt		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 05/14/2004					
ALLIANT TECHSYSTEMS, 5050 LINCOLN DRIVE			4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing (Check applicable line) <input checked="" type="checkbox"/> Form Filed by One Reporting Person <input type="checkbox"/> Form Filed by More than One Reporting Person		
(Street) EDINA, MN 55436-1097								
(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 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			

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, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 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) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date					
Phantom Stock	(1)	05/14/2004		A (2)		1,450		(3)	(3)	Common Stock	1,450	\$53.51	6,963	D
Phantom Stock	(1)	05/14/2004		I (4)		1,452		(3)	(3)	Common Stock	1,452	\$58.52	5,511	D

Explanation of Responses:

- 1-for-1.
- The Phantom Stock Units were credited to the reporting person's account in the Issuer's Nonqualified Deferred Compensation Plan (NQDCP).
- The Phantom Stock Units are payable in cash following the reporting person's termination of employment or such other date specified by the reporting person. However, the reporting person may elect to transfer funds into other investment accounts within the NQDCP from time to time.

4. Pursuant to the Issuer's NQDCP, the reporting person elected to transfer funds into other investment accounts within the NQDCP.

Signatures

/s/Robert J. McReavy

** Signature of Reporting Person

05/17/2004

Date

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).

** 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.

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 Number.