

SYKES ENTERPRISES INC

Reported by
ZINGALE LAWRENCE

FORM 4

(Statement of Changes in Beneficial Ownership)

Filed 08/10/09 for the Period Ending 08/06/09

Address	400 NORTH ASHLEY DRIVE TAMPA, FL 33602
Telephone	8132741000
CIK	0001010612
Symbol	SYKE
SIC Code	7373 - Computer Integrated Systems Design
Industry	Computer Networks
Sector	Technology
Fiscal Year	12/31

FORM 4

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

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

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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(f) of the
Investment Company Act of 1940

1. Name and Address of Reporting Person *			2. Issuer Name and Ticker or Trading Symbol			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
ZINGALE LAWRENCE			SYKES ENTERPRISES INC			_____ Director _____ 10% Owner		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (MM/DD/YYYY)			___X___ Officer (give title below) _____ Other (specify below)		
400 N. ASHLEY DRIVE, SUITE 2800			8/6/2009			Senior Vice President		
(Street)			4. If Amendment, Date Original Filed (MM/DD/YYYY)			6. Individual or Joint/Group Filing (Check Applicable Line)		
TAMPA, FL 33602						___X___ Form filed by One Reporting Person ____ Form filed by More than One Reporting Person		
(City)			(State)			(Zip)		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. 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			
Common Stock	8/6/2009		M		1517 (1)	A	\$14.56	19947	D	
Common Stock	8/6/2009		M		1563 (2)	A	\$17.64	21510	D	
Common Stock	8/6/2009		M		787 (3)	A	\$17.87	22297	D	
Common Stock	8/6/2009		S		787	D	\$21.1088	21510	D	
Common Stock	8/6/2009		S		1563	D	\$21.41	19947	D	
Common Stock	8/6/2009		S		1517	D	\$21.53	18430	D	

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

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. 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		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	Title	Amount or Number of Shares				
Stock Appreciation Rights	\$14.56	8/6/2009		M		1517		(1)	(1)	Common Stock	3201	\$14.56	3201	D	
Stock Appreciation Rights	\$17.64	8/6/2009		M		1563		(2)	(2)	Common Stock	7217	\$17.64	7217	D	
Stock Appreciation Rights	\$17.87	8/6/2009		M		787		(3)	(3)	Common Stock	3920	\$17.87	3920	D	

Explanation of Responses:

- (1) The stock appreciation rights were granted to the Reporting Person pursuant to the Issuer's 2001 Equity Incentive Plan and 1/3 vested annually on March 29, 2007, March 29, 2008 and March 29, 2009.
- (2) The stock appreciation rights were granted to the Reporting Person pursuant to the Issuer's 2001 Equity Incentive Plan and 1/3 vested annually on March 16, 2008, March 16, 2009 and March 16, 2010.
- (3) The stock appreciation rights were granted to the Reporting Person pursuant to the Issuer's 2001 Equity Incentive Plan and 1/3 vested annually on January 2, 2009, January 2, 2010 and January 2, 2011.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
ZINGALE LAWRENCE 400 N. ASHLEY DRIVE SUITE 2800 TAMPA, FL 33602			Senior Vice President	

Signatures

/s/ Martin A. Traber as Attorney-in-Fact for Lawrence Zingale

8/10/2009

** Signature of Reporting Person

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.

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