

IRELAND DAVID G  
Form 4  
October 16, 2009

**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 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 \*  
IRELAND DAVID G

2. Issuer Name and Ticker or Trading Symbol  
PROGRESS SOFTWARE CORP  
/MA [PRGS]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)  
14 OAK PARK  
(Street)

3. Date of Earliest Transaction  
(Month/Day/Year)  
10/14/2009

\_\_\_\_ Director \_\_\_\_\_ 10% Owner  
 Officer (give title below) \_\_\_\_\_ Other (specify below)  
Executive Vice President

BEDFORD, MA 01730

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

6. Individual or Joint/Group Filing(Check Applicable Line)  
 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. 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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock					11,636 <sup>(1)</sup>	D	
Common Stock	10/14/2009		M	3,000 A	\$ 19.25	14,636	D
Common Stock	10/14/2009		S	3,000 D	\$ 23.81	11,636	D
Common Stock	10/14/2009		M	3,000 A	\$ 19.25	14,636	D
Common Stock	10/14/2009		S	3,000 D	\$ 23.85	11,636	D

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Common Stock	10/14/2009	M	4,000	A	\$ 19.25	15,636	D
Common Stock	10/14/2009	S	4,000	D	\$ 23.87	11,636	D
Common Stock	10/14/2009	M	1,900	A	\$ 19.25	13,536	D
Common Stock	10/14/2009	S	1,900	D	\$ 23.9	11,636	D
Common Stock	10/15/2009	M	162	A	\$ 19.25	11,798	D
Common Stock	10/15/2009	S	162	D	\$ 23.9	11,636	D

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

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(9-02)

**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 Underlying Security (Instr. 3 and 4)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title
Employee Stock Option	\$ 19.25	10/14/2009		M		(2)	02/18/2010	Common Stock
Employee Stock Option	\$ 19.25	10/15/2009		M		(2)	02/18/2010	Common Stock
Employee Stock Option	\$ 23.9	10/15/2009		A	12,000	10/15/2009(3)	10/14/2016	Common Stock

## Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

IRELAND DAVID G  
14 OAK PARK  
BEDFORD, MA 01730

Executive Vice President

## Signatures

David G. Ireland                      10/16/2009

          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).
- (1) Includes 356 shares acquired through Employee Stock Purchase Plan on June 30, 2009.
- (2) The option, representing a right to purchase 58,000 shares, became exercisable in 60 equal monthly increments of 1,000 shares commencing March 1, 2000.
- (3) Eight -sixtieths of the option vests on the date of grant, thereafter the option vests in equal monthly increments over a 52 month period commencing November 1, 2009.

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.