

Mastech Holdings, Inc.
 Form 4
 November 06, 2013

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2015
 Estimated average burden hours per response... 0.5

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 *
 Cronin John J.

2. Issuer Name and Ticker or Trading Symbol
 Mastech Holdings, Inc. [MHH]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 1000 COMMERCE DRIVE, SUITE 500

3. Date of Earliest Transaction (Month/Day/Year)
 11/04/2013

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 CFO, Sec & Treasurer

(Street)

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

PITTSBURGH, PA 15275

(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) Code V Amount Price			
Common Stock	11/04/2013		S	791 D \$ 15.61	51,675	D	
Common Stock	11/04/2013		M	1,000 A \$ 4.95	52,675	D	
Common Stock	11/04/2013		S	1,000 D \$ 15.9	51,675	D	
Common Stock	11/05/2013		M	100 A \$ 4.95	51,775	D	
Common Stock	11/05/2013		S	100 D \$ 17.1	51,675	D	

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Common Stock	11/05/2013	M	1,000	A	\$ 4.95	52,675	D
Common Stock	11/05/2013	S	1,000	D	\$ 16.9	51,675	D

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

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SEC 1474
(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 Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 4.95	11/04/2013		M	1,000	<u>(1)</u> 12/18/2019	Common Stock	1,000	
Employee Stock Option (Right to Buy)	\$ 4.95	11/05/2013		M	100	<u>(1)</u> 12/18/2019	Common Stock	100	
Employee Stock Option (Right to Buy)	\$ 4.95	11/05/2013		M	1,000	<u>(1)</u> 12/18/2019	Common Stock	1,000	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other

Cronin John J.
1000 COMMERCE DRIVE
SUITE 500
PITTSBURGH, PA 15275

CFO, Sec & Treasurer

Signatures

/s/ John Cronin

11/06/2013

**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) 6,250 shares became exercisable on December 18, 2010, which was the first anniversary of the grant date, and thereafter, the remaining shares vest equally on a quarterly basis through December 18, 2013.

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.