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	EXTEL CORP									
Form 4 August 19, 2	2005									
	_								OMB AF	PROVAL
FORM	UNITED	STATES		RITIES A			NGE CO	OMMISSION	OMB Number:	3235-0287
Check the check	ger			U					Expires:	January 31,
if no longer subject to Section 16. Form 4 or				NGES IN SECUI		ERSHIP OF	Estimated a burden hour response			
Form 5 obligation may corn <i>See</i> Insta 1(b).	ons Section 170	(a) of the l	Public U		ding Cor	npan	y Act of	Act of 1934, 1935 or Section)		
(Print or Type	Responses)									
	Address of Reporting RICHARD S	Person [*]	Symbol	er Name an o			0	5. Relationship of I Issuer	Reporting Pers	on(s) to
(Lost)	(First)	Middla)		T NEXTI		-[3]		(Check	all applicable)
(Mont			(Month/I	 B. Date of Earliest Transaction Month/Day/Year) 08/19/2005 				Director 10% Owner X Officer (give title Other (specify below) Treasurer		
	(Street)			endment, D onth/Day/Yea	-	l		6. Individual or Joi Applicable Line)	nt/Group Filin	g(Check
RESTON,	VA 20191		Theu(mo	mul/Day/Tea	п)			_X_ Form filed by Or Form filed by Mo		
(City)	(State)	(Zip)				a		Person	D (11)	
		-					-	ired, Disposed of,		•
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deem Execution any (Month/D	Date, if	Code	4. Securiti ordr Dispose (Instr. 3, 4	ed of (5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
C				Code V	Amount	(D)	Price	(Instr. 3 and 4)		
Common Stock	08/19/2005			М	10,400	А	\$ 10.22	25,204	D	
Common Stock	08/19/2005			М	14,560	А	\$ 11.75	39,764	D	
Common Stock	08/19/2005			М	1,219	A	\$ 6.65	40,983	D	
Common Stock	08/19/2005			М	1,219	A	\$ 8.24	42,202	D	
Common Stock	08/19/2005			М	1,866	А	\$ 3.86	44,068	D	

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Common Stock	08/19/2005	М	2,438	А	\$ 2.73	46,506	D
Common Stock	08/19/2005	М	5,754	А	\$ 4.12	52,260	D
Common Stock	08/19/2005	М	4,605	A	\$ 3.94	56,865	D
Common Stock	08/19/2005	М	7,313	А	\$ 9.47	64,178	D
Common Stock	08/19/2005	S	49,374	D	\$ 26.1192	14,804 (1)	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.

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. Transactio Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A or Disposed (D) (Instr. 3, 4, and 5)	Expiration I (Month/Day)	6. Date Exercisable and Expiration Date (Month/Day/Year)		Amour Securit 4)
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sh
Non-Qualified Stock Option(right to buy)	\$ 10.22	08/19/2005		М	10,40	0 (2)	02/11/2008	Common Stock	10,4
Non-Qualified Stock Option(right to buy)	\$ 11.75	08/19/2005		М	14,56	0 (2)	02/18/2009	Common Stock	14,
Non-Qualified Stock Option(right to buy)	\$ 6.65	08/19/2005		М	1,21) (3)	09/28/2011	Common Stock	1,2
Non-Qualified Stock Option(right to buy)	\$ 8.24	08/19/2005		М	1,21) (3)	11/30/2011	Common Stock	1,2

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Non-Qualified Stock Option(right to buy)	\$ 3.86	08/19/2005	Μ	1,866	(4)	02/13/2012	Common Stock	1,8
Non-Qualified Stock Option(right to buy)	\$ 2.73	08/19/2005	М	2,438	(3)	02/19/2012	Common Stock	2,4
Non-Qualified Stock Option(right to buy)	\$ 4.12	08/19/2005	М	5,754	(3)	04/23/2012	Common Stock	5,7
Non-Qualified Stock Option(right to buy)	\$ 3.94	08/19/2005	М	4,605	<u>(3)</u>	05/20/2012	Common Stock	4,6
Non-Qualified Stock Option(right to buy)	\$ 9.47	08/19/2005	М	7,313	<u>(3)</u>	02/13/2013	Common Stock	7,3

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
LINDAHL RICHARD S 2001 EDMUND HALLEY DRIVE RESTON, VA 20191			Treasurer				
Signatures							
/s/ Richard Montfort Attorney-in-Fact	08	/19/2005					
**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 10 share units, which are subject to forfeiture until they vest.
- (2) Options fully vested.
- (3) Vesting of options takes place over four years on a monthly basis from the date of grant.
- (4) 25% of options vested immediately and the remaining 75% vest monthly over four years from the date of grant.

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.