FORM 4

1. Title of Security (Instr. 3)

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

or Section 30(h) of the Investment Company Act of 1940

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b) Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

2. Transaction

Date (Month/Day/Year)

2A. Deemed

Execution Date

(Month/Day/Year)

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

6. Ownership

Form: Direct (D) or Indirect

(I) (Instr. 4)

7. Nature

of Indirect Beneficial

Ownership (Instr. 4)

5. Amount of

Securities Beneficially

Transaction(s)

Owned Following

1. Name and Addre		'erson [*]	2. Issuer Name and Ticker or Trading Symbol UNIFI INC [UFI]		ationship of Reporting Pe	10% Owner		
(Last) 5938 TARLETO	(First) ON DRIVE	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 07/26/2006	X	Officer (give title below) Vice Pres, Sec. & (Other (specify below) Gen. Counsel		
Street) OAK RIDGE NC 27310 (City) (State) (Zip)			4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person				
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								

3. Transaction Code (Instr.

Code V

8)

										(D)		(Instr. 3 a	and 4)		
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	xecution Date, Transaction Code (Instr.		of I		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: 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 Options (Right to Buy)	\$2.89	07/26/2006		A		21,666		07/26/2006	07/26/2016	Common Stock	21,666	\$0	21,666	D	
Stock Options (Right to Buy)	\$2.89	07/26/2006		A		21,667		07/26/2007	07/26/2016	Common Stock	21,667	\$0	43,333	D	
Stock Options (Right to	\$2.89	07/26/2006		A		21,667		07/26/2008	07/26/2016	Common Stock	21,667	\$0	65,000	D	

Explanation of Responses:

/s/Charles F. McCov

4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)

(A) or

Amount

Price

07/28/2006

** 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.

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.