Instruction 1(b).

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

**OMB APPROVAL** 

OMB Number: Estimated average burden hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person*     HOLDER BENNY LANIER						2. Issuer Name and Ticker or Trading Symbol UNIFI INC [ UFI ]							of Reporting Person(s) to Iss cable) or 10% O		vner	
(Last) 6097 BA	(I AR-MOT D	First)	(Middle)		. Date 6/28/2		Tran	saction (Mor	th/Day/Year			X below)		resid	below)	
(Street)	SBORO N	NC	27455	4.	. If Am	endment,	Date	of Original F	led (Month/l	Day/Year)			Joint/Group iled by One iled by Mor	e Repo	orting Perso	n
(City)	(:	State)	(Zip)									Persoi	ו		-	
		Tal	ole I - Non-D	erivativ	ve Se	ecurities	s Ac	cquired, C	isposed	of, or Be	neficia	lly Owned	l			
'''' '''			Da	Transaction te onth/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year		Code (In	ion   Dispos			Benefici	es ally Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)
								Code	/ Amoun	t (A) o	r Price	Transac	tion(s)			(111501.4)
			Table II - De (e.g							f, or Ben		y Owned				
ı		3. Transaction Date (Month/Day/Year)				5. Number of		o, option	,		,,,,,,					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	Date	3A. Deemed Execution Date if any (Month/Day/Yea	4. Trans	saction (Instr.	5. Numl of Derivati Securiti Acquire (A) or Dispose of (D) (I	ber ive ies ed ed nstr.		cisable and	7. Title ar of Securi Underlyir	id Amoun ties ig Security	Derivative Security	9. Number derivative Securities Beneficial Owned Following Reported Transactic (Instr. 4)	e S Illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
Derivative Security	Conversion or Exercise Price of Derivative	Date	Execution Date	4. Trans	saction (Instr.	5. Numl of Derivati Securiti Acquire (A) or Dispose of (D) (I	ber ive ies ed ed nstr.	6. Date Exe	cisable and bate Year)	7. Title ar of Securi Underlyir Derivativ (Instr. 3 a	id Amoun ties ig Security	Derivative Security (Instr. 5)	derivative Securities Beneficial Owned Following Reported Transactio	e S Illy	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership
Derivative Security	Conversion or Exercise Price of Derivative	Date	Execution Date	4. Trans Code 8)	saction (Instr.	5. Numl of Derivati Securiti Acquire (A) or Dispose of (D) (I 3, 4 and	ber ive ies ed ed nstr.	6. Date Exe Expiration (Month/Day	cisable and bate Year)	7. Title ar of Securi Underlyir Derivativ (Instr. 3 a	Amount or Number	Derivative Security (Instr. 5)	derivative Securities Beneficial Owned Following Reported Transactio	e s illy on(s)	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership
Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	Date (Month/Day/Year)	Execution Date	4. Trans Code 8)	saction (Instr.	5. Numli of Derivati Securiti Acquire (A) or Dispose of (D) (I 3, 4 and	ber ive ies ed ed nstr.	6. Date Exe Expiration   (Month/Day	ecisable and late (Year)  Expiration Date	7. Title ar of Securi Underlyin Derivativ (Instr. 3 a	Amount or Number of Shares	Derivative Security (Instr. 5)	derivative Securities Beneficial Owned Following Reported Transactic (Instr. 4)	is illy oon(s)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership

**Explanation of Responses:** 

/s/ Benny Lanier Holder

06/29/2004

\*\* Signature of Reporting Person

Date

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

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.

 $<sup>^{\</sup>star}$  If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

<sup>\*\*</sup> Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).