

NIKE INC
Form 4
July 19, 2005

FORM 4

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

OMB APPROVAL

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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 *
Helfant Adam S

(Last) (First) (Middle)

ONE BOWERMAN DRIVE

(Street)

BEAVERTON, OR 97005

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
NIKE INC [NKE]

3. Date of Earliest Transaction
(Month/Day/Year)
07/15/2005

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)
Vice President

6. Individual or Joint/Group Filing(Check Applicable Line)
 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

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			
Class B Common Stock					8,493	D	
Class B Common Stock					379	I	by ESPP <u>(1)</u>
Class B Common Stock					1,098	I	by Retirement Plan <u>(2)</u>

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

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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 Amount of Underlying Security (Instr. 3 and 4)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 87.59	07/15/2005		A	30,000	(3) 07/15/2015	Class B Common Stock	30,000	
Non-Qualified Stock Option (right to buy)	\$ 27.6875					(4) 03/08/2010	Class B Common Stock	12,000	
Non-Qualified Stock Option (right to buy)	\$ 42.36					(5) 07/12/2011	Class B Common Stock	10,000	
Non-Qualified Stock Option (right to buy)	\$ 48.25					(6) 07/25/2006	Class B Common Stock	1,500	
Non-Qualified Stock Option (right to buy)	\$ 48.4375					(7) 07/16/2008	Class B Common Stock	5,000	
Non-Qualified Stock Option (right to buy)	\$ 48.98					(8) 07/22/2012	Class B Common Stock	12,000	
Non-Qualified Stock Option (right to buy)	\$ 52.24					(9) 07/18/2013	Class B Common Stock	15,000	
Non-Qualified Stock Option (right to buy)	\$ 54.25					(10) 07/23/2009	Class B Common Stock	10,000	
Non-Qualified Stock Option (right to buy)	\$ 56.25					(11) 10/15/2009	Class B Common Stock	10,000	

Non-Qualified Stock Option (right to buy)	\$ 58.75	(12)	07/14/2007	Class B Common Stock	2,0
Non-Qualified Stock Option (right to buy)	\$ 71.92	(13)	06/17/2014	Class B Common Stock	30,0
Non-Qualified Stock Option (right to buy)	\$ 73.21	(14)	07/16/2014	Class B Common Stock	30,0

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Helfant Adam S ONE BOWERMAN DRIVE BEAVERTON, OR 97005			Vice President	

Signatures

By: John F. Coburn III For: Adam S.
Helfant 07/19/2005

__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) Shares held in account under NIKE, Inc. Employee Stock Purchase Plan.
- (2) Shares held in account under the NIKE, Inc. Retirement Savings Plan
- (3) Option granted on 7/15/2005 and becomes exercisable with respect to 25% of the shares on each of the first four anniversaries of the date of the grant.
- (4) Option granted on 3/08/2000 and became exercisable with respect to 25% of the shares on each of the first four anniversaries of the date of the grant.
- (5) Option granted on 7/12/2001 and becomes exercisable with respect to 25% of the shares on each of the first four anniversaries of the date of the grant.
- (6) Option granted on 7/26/1996 and became exercisable with respect to 25% of the shares on each of the first four anniversaries of the date of the grant.
- (7) Option granted on 7/16/1998 and became exercisable with respect to 25% of the shares on each of the first four anniversaries of the date of the grant.
- (8) Option granted on 7/22/2002 and becomes exercisable with respect to 25% of the shares on each of the first four anniversaries of the date of the grant.
- (9) Option granted on 7/18/2003 and becomes exercisable with respect to 25% of the shares on each of the first four anniversaries of the date of the grant.
- (10) Option granted on 7/23/1999 and became exercisable with respect to 25% of the shares on each of the first four anniversaries of the date of the grant.
- (11) Option granted on 10/15/1999 and became exercisable with respect to 25% of the shares on each of the first four anniversaries of the date of the grant.

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- (12) Option granted on 7/14/1997 and became exercisable with respect to 25% of the shares on each of the first four anniversaries of the date of the grant.
- (13) Option granted on 6/17/2004 and becomes exercisable with respect to 25% of the shares on each of the first four anniversaries of the date of the grant.
- (14) Option granted on 7/16/2004 and becomes exercisable with respect to 25% of the shares on each of the first four anniversaries of the date of the grant.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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