Edgar Filing: Frontier Airlines Holdings, Inc. - Form 4

Frontier Air Form 4 April 05, 20	lines Holdings, Ii 06	nc.							
FORN Check th	UNITED	STATES		RITIES A			E COMMISSIO		3235-0287
if no lon subject t Section Form 4 o Form 5 obligatio may con	ger o 16. or Filed pu ons tinue.	F CHANGES IN BENEFICIAL OWNERSHIP SECURITIES Section 16(a) of the Securities Exchange Act of 19 Public Utility Holding Company Act of 1935 or S of the Investment Company Act of 1940					Estimated burden hoi response	ed average hours per	
<i>See</i> Instr 1(b). (Print or Type		00(11)				.)			
1. Name and A SULLIVAN	2. Issuer Name and Ticker or Trading Symbol Frontier Airlines Holdings, Inc. [FRNT]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) 7001 TOW		Middle)		of Earliest T Day/Year) 2006	ransaction		below)	ve title 0th below) Vice President	% Owner her (specify
DENVER,	4. If Amendment, Date 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 				
		(Zin)					Person		
(City) 1.Title of Security (Instr. 3)	(State) 2. Transaction Date (Month/Day/Year)	Execution any	ed Date, if	3. Transactic Code (Instr. 8)	4. Securit nAcquired Disposed (Instr. 3, 4 Amount	ies (A) or of (D) 4 and 5) (A) or	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	of, or Beneficia 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect
Reminder: Rej	port on a separate line	e for each c	lass of sec		ficially own Perso inforn requir	ned directly ns who rest nation cont ed to resp tys a curre		n are not rm	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	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and Expiration	7. Title and An
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	nof Derivative	Date	Underlying Sec
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8)		Acquired (A) or Disposed (D) (Instr. 3, and 5)	d of				
				Code N	V	(A)	(D)	Date Exercisable	Expiration Date	Title	
Stock Appreciation Rights	\$ 7.42	04/03/2006		А		8,538		04/03/2007(1)	04/02/2016	Common Stock	
Restricted Stock Units	\$ 0	04/03/2006		А		2,652		04/03/2011	01/01/2050(3)	Common Stock	

Reporting Owners

Reporting Owner Name / Address	Relationships							
1	Director	10% Owner	Officer	Other				
SULLIVAN JAMES W JR 7001 TOWER RD. DENVER, CO 80249			Vice President					
Signatures								
David Sislowski, Attorney in Fact	C	04/05/2006						

Date

**Signature of Reporting Person

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).

The Stock Appreciation Rights become exercisable in five equal installments, with the first installment becoming exercisable on the first(1) anniversary of the grant date, and each subsequent installment becoming exercisable on each of the next four anniversaries of the grant date.

- (2) The actual number of shares of common stock that will be issued at the time of exercise will be based on the appreciation of the common stock from the strike price to the market price at the time of exercise and is unknown at this time.
- (3) Once exercisable, there is no expiration date for the Restricted Stock Units. The date referenced has no relevance and was inserted due to Edgar system requirements.

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.