

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

OMB APPROVAL	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person* BERRIER R ROGER JR			2. Issuer Name and Ticker or Trading Symbol UNIFI INC [UFI]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) President and COO		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 12/03/2013			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
148 BROADMOOR DRIVE			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street)	ADVANCE	NC	27006					
(City)	(State)	(Zip)						

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
COMMON STOCK	12/03/2013		M		16,666	A	\$10.2	51,247	D	
COMMON STOCK	12/03/2013		M		21,666	A	\$8.67	72,913	D	
COMMON STOCK	12/03/2013		M		16,666	A	\$8.28	89,579	D	
COMMON STOCK	12/03/2013		M		99,999	A	\$8.16	189,578	D	
COMMON STOCK	12/03/2013		F		71,947	D	\$26.66	117,631	D	
COMMON STOCK	12/03/2013		D		83,050	D	\$25.59	34,581	D	
COMMON STOCK	12/03/2013		F		100	D	\$26.66	7,066	I	Owned by wife's trust

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 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						Amount or Number of Shares
STOCK OPTION (Right to Buy)	\$10.2	12/03/2013		M		5,555		04/19/2006	04/19/2016	COMMON STOCK	5,555	\$0	0	D	
STOCK OPTION (Right to Buy)	\$10.2	12/03/2013		M		5,555		04/19/2007	04/19/2016	COMMON STOCK	5,555	\$0	0	D	
STOCK OPTION (Right to Buy)	\$10.2	12/03/2013		M		5,556		04/19/2008	04/19/2016	COMMON STOCK	5,556	\$0	0	D	
STOCK OPTION (Right to Buy)	\$8.67	12/03/2013		M		7,222		07/26/2006	07/26/2016	COMMON STOCK	7,222	\$0	0	D	
STOCK OPTION (Right to Buy)	\$8.67	12/03/2013		M		7,222		07/26/2007	07/26/2016	COMMON STOCK	7,222	\$0	0	D	
STOCK OPTION (Right to Buy)	\$8.67	12/03/2013		M		7,222		07/26/2008	07/26/2016	COMMON STOCK	7,222	\$0	0	D	
STOCK OPTION (Right to Buy)	\$8.28	12/03/2013		M		5,555		06/28/2004	06/28/2014	COMMON STOCK	5,555	\$0	0	D	

**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 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 OPTION (Right to Buy)	\$8.28	12/03/2013		M			5,555	06/28/2005	06/28/2014	COMMON STOCK	5,555	\$0	0	D	
STOCK OPTION (Right to Buy)	\$8.28	12/03/2013		M			5,556	06/28/2006	06/28/2014	COMMON STOCK	5,556	\$0	0	D	
STOCK OPTION (Right to Buy)	\$8.16	12/03/2013		M			99,999	(1)	10/24/2017	COMMON STOCK	99,999	\$0	0	D	

Explanation of Responses:

1. The Options vested and became exercisable on the date that the closing price of the Registrant's common stock on the New York Stock Exchange was at least \$18.00 per share for thirty (30) consecutive trading days.

/s/ R. Roger Berrier, Jr. by Ben Sirmons, POA 12/05/2013

** 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.