

**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
Estimated average burden hours per response:	0.5

1. Name and Address of Reporting Person* <u>LOWE WILLIAM M JR</u>  (Last) (First) (Middle) <u>7201 WEST FRIENDLY AVENUE</u>  (Street) <u>GREENSBORO NC 27410</u>  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>UNIFI INC [ ufi ]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Chief Financial Officer</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>01/06/2004</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	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

**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	01/06/2004		A		20,000 <sup>(1)</sup>	A	\$0	20,000	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
Stock Options (Right to buy)	\$6.46	01/06/2004		A		4,000		01/06/2005	01/06/2014	Common Stock	4,000	\$0	4,000	D	
Stock Options (Right to buy)	\$6.46	01/06/2004		A		2,667		01/06/2006	01/06/2014	Common Stock	2,667	\$0	2,667	D	
Stock Options (Right to buy)	\$6.85	01/06/2004		A		1,333		01/06/2006	01/06/2014	Common Stock	1,333	\$0	1,333	D	
Stock Options (Right to buy)	\$6.85	01/06/2004		A		4,000		01/06/2007	01/06/2014	Common Stock	4,000	\$0	4,000	D	
Stock Options (Right to buy)	\$6.85	01/06/2004		A		1,334		01/06/2008	01/06/2014	Common Stock	1,334	\$0	1,334	D	
Stock Options (Right to buy)	\$7.24	01/06/2004		A		2,666		01/06/2008	01/06/2014	Common Stock	2,666	\$0	2,666	D	
Stock Options (Right to buy)	\$7.24	01/06/2004		A		4,000		01/06/2009	01/06/2014	Common Stock	4,000	\$0	4,000	D	

**Explanation of Responses:**

1. Stock Award of 20,000 shares under the 1999 Unifi, Inc. Long Term Incentive Plan. Shares vest in five increments of 20%; 4,000 shares on 1/6/2004; 4,000 shares on 1/6/2005; 4,000 shares on 1/6/2006; 4,000 shares on 1/6/2007; and 4,000 shares on 1/6/2008.

/s/ WILLIAM M. LOWE, JR. 01/08/2004

\*\* 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.