FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-028								

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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 S	Secti	on 30(h)	of the	Investme	nt Cor	npany Act	of 19	940							
		Reporting Person*							ker or Tra						Check	all app	o of Reporti dicable)	ng Per	. ,	
DOMI	11 1 1 1	<u>LIGHOT</u>													X	Direc			10% (
(Last) (First) (Middle) C/O SEALED AIR CORPORATION						3. Date of Earliest Transaction (Month/Day/Year) 05/19/2010										Office below	er (give title v)	e Other below		(specify)
200 RIVERFRONT BOULEVARD																				
(Street)					4. If	Line) X Form filed by									_ine)					
ELMWO PARK	OD N	J	07407												n filed by Mo	More than One Reporting				
(City)	(S	tate)	(Zip)																	
		Tab	le I - No	n-Deriv	ative	Se	curiti	es Ac	quired,	Dis	posed o	f, o	r Ber	nefic	ially	Owne	ed			
Date				nsaction n/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 5)				Securities Beneficial Owned Fo		ies :ially Following	Form (D) o	vnership n: Direct r Indirect nstr. 4)	7. Nature of Indirect Beneficial Ownership	
									Code	v	Amount	Amount (A) or (D) Pr		Pric	_ I	Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)
Common	Stock			05/19	/2010				A		2,500		A	(1)	82	9,857		D	
Common	ommon Stock															64	4,800		I	By Self As Custodian For Family Member
		Ta									sed of, onvertib					vned				
1. Title of Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) Security Executio		4. Transa Code (8)			6. Date Expiration (Month/L) Date Exercisa		Amount of Securities Underlying Derivative Security (Instr. and 4) Amoun or Number of		f g Instr. 3 mount umber	-		9. Number derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	y [C	10. Ownership Form: Direct (D) or Indirect I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)				

Explanation of Responses:

1. Award made under the Sealed Air Corporation 2002 Stock Plan for Non-Employee Directors

05/19/2010 T. J. Dermot Dunphy

** 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.