

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

1. Name and Address of Reporting Person* <u>Swann John William III</u> (Last) (First) (Middle) C/O SPX TECHNOLOGIES, INC. 6325 ARDREY KELL ROAD, SUITE 400 (Street) CHARLOTTE NC 28277 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>SPX Technologies, Inc. [SPXC]</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) PRES., DETECTION & MEASUREMENT
	3. Date of Earliest Transaction (Month/Day/Year) 03/01/2023	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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	03/01/2023		A ⁽¹⁾		7,740	A	(1)	94,960 ⁽²⁾	D	
Common Stock	03/01/2023		F ⁽³⁾		444	D	\$70.44	94,516 ⁽²⁾	D	
Common Stock	03/01/2023		F ⁽³⁾		482	D	\$70.44	94,034 ⁽²⁾	D	
Common Stock								3,880	I	401 (k) Plan

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
Employee stock option to purchase common stock	\$71.93	03/01/2023		A ⁽⁴⁾		5,948		03/01/2026 ⁽⁵⁾	03/01/2033	Common Stock	5,948	(4)	5,948	D	
Employee stock option to purchase common stock	\$32.69							02/22/2021 ⁽⁶⁾	02/22/2028	Common Stock	12,361		12,361	D	
Employee stock option to purchase common stock	\$36.51							02/21/2022 ⁽⁷⁾	02/21/2029	Common Stock	13,556		13,556	D	
Employee stock option to purchase common stock	\$50.09							02/20/2023 ⁽⁸⁾	02/20/2030	Common Stock	10,552		10,552	D	
Employee stock option to purchase common stock	\$58.34							03/01/2024 ⁽⁹⁾	03/01/2031	Common Stock	8,101		8,101	D	
Employee stock option to purchase common stock	\$48.97							03/01/2025 ⁽¹⁰⁾	03/01/2032	Common Stock	8,641		8,641	D	

Explanation of Responses:

- Grant of restricted stock units under the SPX 2019 Stock Compensation Plan.
- Includes unvested restricted stock units.

3. Shares delivered to the issuer for the payment of withholding taxes due upon the vesting of restricted stock units previously granted under the SPX 2019 Stock Compensation Plan.
4. Grant of stock options pursuant to the SPX 2019 Stock Compensation Plan.
5. Vests in three equal installments beginning on March 1, 2024.
6. Vests in three equal installments beginning on February 22, 2019.
7. Vests in three equal installments beginning on February 21, 2020.
8. Vests in three equal installments beginning on February 20, 2021.
9. Vests in three equal installments beginning on March 1, 2022.
10. Vests in three equal installments beginning on March 1, 2023.

/s/ John Nurkin, Attorney in
Fact for John William Swann, 03/03/2023
III

** 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.