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McLaughlin V Form 4 March 05, 20												
								OMB APPROVAL				
	UNITED	STATES					NGE	COMMISSION	OMB Number:	3235-0287		
Washington, D.C. 20549Check this box if no longer subject toSection 16.Form 4 orForm 5 obligations may continue.See Instruction 1(b).									Expires: Estimated a burden hou response	Expires: January 31, Expires: 2005 Estimated average burden hours per response 0.5		
(Print or Type R	esponses)											
			2. Issuer Name and Ticker or Trading Symbol AVALONBAY COMMUNITIES INC [AVB]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) C/O AVALO COMMUNI INC., BALL GLEBE ROA	DNBAY FIES, STON TOWER	Middle) ., 671 N.	3. Date of (Month/Da 03/01/20	-	nsaction			Director X Officer (giv below) Execu		6 Owner er (specify lent		
				ndment, Date Original hth/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 Person 				
(City)	(State)	(Zip)	Table	e I - Non-De	erivative S	Securi	ties Ac	quired, Disposed o	of, or Beneficia	lly Owned		
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year	 Execution any 	2A. Deemed 3. 4. Securities Execution Date, if TransactionAcquired (A) or any Code Disposed of (D) (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) (A) or)	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)				
Common Stock, par value \$.01 per share	03/01/2019			F	3,309 (1)	D	\$ 0	53,387.259 <u>(2)</u>	D			
Common Stock, par value \$.01 per share								2,520 <u>(3)</u>	I	Held by, for, or in trust for children		

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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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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.	6. Date Exerc	isable and	7. Title	and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onNumber	Expiration Da	ite	Amount	t of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/Y	(ear)	Underly	ving	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securiti	es	(Instr. 5)	Bene
	Derivative				Securities			(Instr. 3	and 4)		Owne
	Security				Acquired						Follo
	-				(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									mount		
						Date	Expiration	0			
							Date		Jumber		
					(A) (D)			0			
				Code V	(A) (D)			S	hares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
McLaughlin William M C/O AVALONBAY COMMUNITIES, INC. BALLSTON TOWER, 671 N. GLEBE ROAD ARLINGTON, VA 22203			Executive Vice President				
Signatures							

Catherine T. White, as attorney-in-fact under Power of Attorney dated February 22, 03/05/2019

**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).
- (1) Reflects withholding of shares by the Company to cover tax withholding obligations on the vesting of restricted stock under the Company's Second Amended and Restated 2009 Equity Incentive Plan.
- (2) The amount of securities owned following the reported transaction reflects direct ownership of all shares of common stock, including restricted shares.
- (3) No transaction is reported. The amount of securities owned indirectly following the reported transaction is included for information purposes only.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Date

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