RAMU RAYMOND R

Form 4

February 11, 2019

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL

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if no longer subject to Section 16. Form 4 or Form 5

Check this box

Form 5 obligations may continue.

See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person ** RAMU RAYMOND R			2. Issuer Name and Ticker or Trading Symbol SAIA INC [SAIA]	5. Relationship of Reporting Person(s) to Issuer			
(Last) (First) (Middle)		(Middle)	3. Date of Earliest Transaction	(Check all applicable)			
11465 JOHNS CREEK PARKWAY, SUITE 400			(Month/Day/Year) 02/07/2019	Director 10% Owner Officer (give title Other (specify below) Exec. VP & Chief Customer Off.			
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line)			
JOHNS CREEK, GA 30097				_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			

(City)	(State)	Zip) Table	I - Non-D	erivative	Secur	ities Acqu	uired, Disposed of	, or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securi on(A) or Di (Instr. 3,	spose	d of (D)	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	02/07/2019		Code V A	Amount 2,130 (1)	(D)	Price \$ 66.03	14,010	D	
Common Stock	02/07/2019		A	9,290 (2)	A	\$ 0	23,300	D	
Common Stock	02/07/2019		F	2,820 (3)	D	\$ 66.03	20,480	D	

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

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number.

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)	Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to Buy)	\$ 66.03	02/07/2019		A	6,500		02/07/2022	02/07/2026	Common Stock	6,500
Phantom Stock	<u>(4)</u>						(5)	<u>(6)</u>	Common Stock	7,073.244
Stock Options (Right to Buy)	\$ 27.45						02/08/2019	02/08/2023	Common Stock	13,440
Stock Options (Right to Buy)	\$ 43.01						02/03/2018	02/03/2022	Common Stock	4,500
Stock Options (Right to Buy)	\$ 46.35						02/07/2020	02/07/2024	Common Stock	3,580
Stock Options (Right to Buy)	\$ 73.35						02/06/2021	02/06/2025	Common Stock	3,920

Reporting Owners

Reporting Owner Name / Address	Relationships				
	Director	10% Owner	Officer	Other	

RAMU RAYMOND R 11465 JOHNS CREEK PARKWAY, SUITE 400 JOHNS CREEK, GA 30097

Exec. VP & Chief Customer Off.

Reporting Owners 2

Signatures

/s/ Stephanie R. 02/11/2019 Maschmeier

**Signature of Reporting Date

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) Restricted shares granted as part of the long-term incentive program approved by the Compensation Committee. The restricted stock award cliff vests in year three.
- (2) Issuance of Performance Unit Awards under the 2011 Omnibus Incentive Plan for the 1/1/16-12/31/18 performance period.
- (3) Shares withheld at officer's election to cover tax liabilities incurred upon the issuance of Performance Unit Awards under the 2011 Omnibus Incentive Plan for the 1/1/16-12/31/18 performance period.
- (4) The conversion rate of this derivative security on February 7, 2019 is 1.1913 resulting in 8,426.514 shares of common stock (underlying security in column 7).
- (5) Immediate
- (6) The shares of phantom stock become payable in the Company's common stock upon reporting person's termination of service as an employee, in accordance with the terms of the Plan.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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