

October 6, 2010



AvalonBay Communities Announces Time Change to Third Quarter 2010 Earnings Conference Call

ARLINGTON, Va.--(BUSINESS WIRE)-- AVALONBAY COMMUNITIES, INC. (NYSE: AVB) announced today that it has changed the time of a conference call to discuss its third quarter 2010 results on October 28, 2010. The conference call is now scheduled at 1:00 PM Eastern Time (ET). The Company will release its third quarter 2010 earnings on October 27, 2010 after the market close.

Live Conference Call Details

Domestic Dial-In Number: 1-877-510-2397

International Dial-In Number: 1-763-416-6924

Conference ID: 10174107

Webcast: <http://www.avalonbay.com/earnings>

Details for the Replay of the Conference Call

Domestic Dial-In Number: 1-800-642-1687

International Dial-In Number: 1-706-645-9291

Conference ID for Replay: 10174107

Dates Available: October 28, 2010 at 4:00 PM ET to November 4, 2010 at 11:59 PM ET

The call will include prepared remarks by management and a question and answer session during which management may discuss the Company's current operating environment; operating trends; current or potential development, redevelopment, disposition and acquisition activity; the Company's outlook and other business and financial matters affecting the Company.

The earnings release will include supplemental Earnings Release Attachments (the "Attachments") that will not be included in the wire distribution. The Attachments will only be available via the Company's website at <http://www.avalonbay.com/earnings> and through e-mail distribution. If you would like to receive future press releases via e-mail, please submit a request through <http://www.avalonbay.com/email>.

About AvalonBay Communities, Inc.

As of June 30, 2010, the Company owned or held a direct or indirect ownership interest in 171 apartment communities containing 49,910 apartment homes in ten states and the District of Columbia, of which seven communities were under construction and seven communities were under reconstruction. The Company is an equity REIT in the business of developing, redeveloping, acquiring and managing apartment communities in high barrier to entry markets of the United States. More information may be found on the Company's website at <http://www.avalonbay.com>.

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