

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

OMB Number:	3235-0287
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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 Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person <u>Morris James Richard</u> (Last) (First) (Middle) <u>2900 EISENHOWER AVE., SUITE 300</u> (Street) <u>ALEXANDRIA VA 22314</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>AVALONBAY COMMUNITIES INC [AVB]</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) <u>Senior Vice President</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>02/06/2006</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person

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, par value \$.01 per share	02/06/2006		M		4,880	A	\$45.79	17,711.443 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	02/06/2006		S		180	D	\$98.3	17,531.443 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	02/06/2006		S		100	D	\$98.29	17,431.443 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	02/06/2006		S		600	D	\$98.28	16,831.443 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	02/06/2006		S		4,000	D	\$98.09	12,831.443 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	02/06/2006		M		3,110	A	\$36.02	15,941.443 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	02/06/2006		M		869	A	\$50.6	16,810.443 ⁽¹⁾	D	

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 Options (Right to Buy)	\$45.79	02/06/2006		M			4,880	02/13/2003 ⁽²⁾	02/13/2012	Common Stock	4,880	\$0.00 ⁽²⁾	27,817 ⁽³⁾	D	
Employee Stock Options (Right to Buy)	\$36.02	02/06/2006		M			3,110	02/12/2004 ⁽⁴⁾	02/12/2013	Common Stock	3,110	\$0.00 ⁽⁴⁾	24,707 ⁽⁵⁾	D	
Employee Stock Options (Right to Buy)	\$50.6	02/06/2006		M			869	02/12/2005 ⁽⁶⁾	02/12/2014	Common Stock	869	\$0.00 ⁽⁶⁾	23,838 ⁽⁷⁾	D	

Explanation of Responses:

- The amount of securities owned following the reported transaction reflects direct ownership of all shares of common stock, including restricted shares.
- The options exercised were included in options granted on February 13, 2002 which became exercisable in three annual installments beginning on February 13, 2003.
- The number of derivative securities beneficially owned following the reported transaction includes options granted in various periods with varying exercise prices and vesting dates. Following the reported transaction the reporting person holds no more options that expire on February 13, 2012 with an exercise price of \$45.79.
- The options exercised were included in options granted on February 12, 2003 which became exercisable in three annual installments beginning on February 12, 2004.
- The number of derivative securities beneficially owned following the reported transaction includes options with varying exercise prices and vesting dates. Following the reported transaction the reporting person holds 1,556 options that expire on February 12, 2013 with an exercise price of \$36.02.
- The options exercised were included in options granted on February 12, 2004 which become exercisable in three equal annual installments beginning on February 12, 2005.
- The number of derivative securities beneficially owned following the reported transaction includes options with varying exercise prices and vesting dates. Following the reported transaction the reporting person holds 8,858 more options that expire on February 12, 2014 with an exercise price of \$50.60.

Remarks:

By Edward M. Schulman under
Power of Attorney dated March 1, 02/06/2006
2005

** 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.

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