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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 SARGEANT THOMAS J (Last) (First) (Middle) C/O AVALONBAY COMMUNITIES, INC. 2900 EISENHOWER AVE., SUITE 300 (Street) ALEXANDRIA VA 22314 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol AVALONBAY COMMUNITIES INC [AVB]	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) EVPand CFO
	3. Date of Earliest Transaction (Month/Day/Year) 08/02/2006	
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, par value \$.01 per share	08/02/2006		M		5,000	A	\$36.02	117,276.379 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	08/02/2006		S		5,000	D	\$115.6666	112,276.379 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	08/03/2006		M		1,900	A	\$36.02	114,176.379 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	08/03/2006		S		1,900	D	\$116.75	112,276.379 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	08/03/2006		M		1,071	A	\$45.95	113,347.379 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	08/03/2006		S		1,071	D	\$116.75	112,276.379 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	08/03/2006		M		2,029	A	\$50.6	114,305.379 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	08/03/2006		S		2,029	D	\$116.75	112,276.379 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	08/04/2006		M		5,000	A	\$50.6	117,276.379 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	08/04/2006		S		5,000	D	\$117.902	112,276.379 ⁽¹⁾	D	
Common Stock, par value \$.01 per share								1,352 ⁽²⁾	I	Owned by spouse

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)	\$36.02	08/02/2006		M			5,000	02/12/2004 ⁽³⁾	02/12/2013	Common Stock	5,000	\$0.00 ⁽³⁾	201,356 ⁽⁴⁾	D	
Employee Stock Options (Right to Buy)	\$36.02	08/03/2006		M			1,900	02/12/2004 ⁽³⁾	02/12/2013	Common Stock	1,900	\$0.00 ⁽³⁾	199,456 ⁽⁵⁾	D	
Employee Stock Options (Right to Buy)	\$45.95	08/03/2006		M			1,071	02/13/2002 ⁽⁶⁾	02/13/2011	Common Stock	1,071	\$0.00 ⁽⁶⁾	198,385 ⁽⁷⁾	D	
Employee Stock Options (Right to Buy)	\$50.6	08/03/2006		M			2,029	02/12/2005 ⁽⁸⁾	02/12/2014	Common Stock	2,029	\$0.00 ⁽⁸⁾	196,356 ⁽⁹⁾	D	
Employee Stock Options (Right to Buy)	\$50.6	08/04/2006		M			5,000	02/12/2005 ⁽⁸⁾	02/12/2014	Common Stock	5,000	\$0.00 ⁽⁸⁾	191,356 ⁽¹⁰⁾	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.
- No transaction is reported. The amount of securities owned indirectly following the reported transaction is included for information purposes only.
- The options exercised were included in options granted on February 12, 2003, which become exercisable in three equal annual installments beginning on February 12, 2004.
- The number of derivative securities beneficially owned following the reported transaction includes options granted in prior periods with varying exercise prices and vesting dates. Following the reported transaction the reporting person holds 1,900 more options that expire on February 12, 2013 with an exercise price of \$36.02.
- The number of derivative securities beneficially owned following the reported transaction includes options granted in prior periods with varying exercise prices and vesting dates. Following the reported transaction the reporting person holds no more options that expire on February 12, 2013 with an exercise price of \$36.02.
- The options exercised were included in options granted under the issuer's stock option and incentive plan on February 13, 2001 which became exercisable in three annual installments beginning on February 13, 2002.

7. The number of derivative securities beneficially owned following the reported transaction includes options granted in prior periods with varying exercise prices and vesting dates. Following the reported transaction the reporting person holds no more options that expire on February 13, 2011 with an exercise price of \$45.95.

8. The options exercised were included in options granted under the issuer's stock option and incentive plan on February 12, 2004, which become exercisable in three annual installments beginning on February 12, 2005.

9. The number of derivative securities beneficially owned following the reported transaction includes options granted in prior periods with varying exercise prices and vesting dates. Following the reported transaction the reporting person holds 41,197 options that expire on February 12, 2014 with an exercise price of \$50.60.

10. The number of derivative securities beneficially owned following the reported transaction includes options granted in prior periods with varying exercise prices and vesting dates. Following the reported transaction the reporting person holds 36,197 more options that expire on February 12, 2014 with an exercise price of \$50.60.

Remarks:

Edward M. Schulman under Power 08/07/2006
of Attorney dated January 1, 2000

** 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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