

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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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>Wilson Stephen W</u> (Last) (First) (Middle) C/O AVALONBAY COMMUNITIES, INC. BALLSTON TOWER, 671 N. GLEBE ROAD (Street) ARLINGTON VA 22203 (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>Executive Vice President</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>02/14/2011</u>	
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	02/14/2011		M		14,431	A	\$96.19	29,655.6257 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	02/14/2011		M		6,233	A	\$86.4	35,888.6257 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	02/14/2011		M		3,781	A	\$48.6	39,669.6257 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	02/14/2011		M		1,433	A	\$74.2	41,102.6257 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	02/14/2011		S		25,878	D	\$116.0693 ⁽²⁾	15,224.6257 ⁽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						Amount or Number of Shares
Employee Stock Options (Right to Buy)	\$96.19	02/14/2011		M		14,431		02/09/2007 ⁽³⁾	02/09/2016	Common Stock	14,431	\$0.00 ⁽³⁾	0 ⁽⁴⁾	D	
Employee Stock Options (Right to Buy)	\$86.4	02/14/2011		M		6,233		02/11/2009 ⁽⁵⁾	02/11/2018	Common Stock	6,233	\$0.00 ⁽⁵⁾	0 ⁽⁶⁾	D	
Employee Stock Options (Right to Buy)	\$48.6	02/14/2011		M		3,781		02/11/2010 ⁽⁷⁾	02/11/2019	Common Stock	3,781	\$0.00 ⁽⁷⁾	3,786 ⁽⁸⁾	D	
Employee Stock Options (Right to Buy)	\$74.2	02/14/2011		M		1,433		02/11/2011 ⁽⁹⁾	02/11/2020	Common Stock	1,433	\$0.00 ⁽⁹⁾	2,866 ⁽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.
- This transaction was executed in multiple trades at prices ranging from \$116.00 to \$116.185. The price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.
- The options exercised were included in options granted under the issuer's stock option and incentive plan on February 9, 2006, which become exercisable in three annual installments beginning on February 9, 2007.
- Following the reported transaction, the reporting person held 26,524 options to purchase the issuer's common stock granted on various dates and with varying exercise prices and vesting dates.
- The options exercised were included in options granted under the issuer's stock option and incentive plan on February 11, 2008 which became exercisable in three equal installments beginning on February 11, 2009.
- Following the reported transaction, the reporting person held 20,291 options to purchase the issuer's common stock granted on various dates and with varying exercise prices and vesting dates.
- The options exercised were included in options granted under the issuer's stock option and incentive plan on February 11, 2009 which became exercisable in three equal installments beginning on February 11, 2010.
- Following the reported transaction, the reporting person held 16,510 options to purchase the issuer's common stock granted on various dates and with varying exercise prices and vesting dates.
- The options exercised were included in options granted under the issuer's stock option and incentive plan on February 11, 2010 which became exercisable in three equal installments beginning on February 11, 2011.
- Following the reported transaction, the reporting person holds 15,077 options to purchase the issuer's common stock granted on various dates and with varying exercise prices and vesting dates.

Remarks:

Catherine T. White, as attorney-in-fact under Power of Attorney dated 02/15/2011 February 17, 2010.

** 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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