FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

OMB Number: Estimated average burden hours per response: 0.5

	o longer subject to			hours per response:				
may continue. See	4 or Form 5 obligation Instruction 1(b).	ns	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 Addres SCHULMAN	1 0	<u>M</u>	2. Issuer Name and Ticker or Trading Symbol <u>AVALONBAY COMMUNITIES INC</u> [AVB]		ationship of Repo all applicable) Director Officer (give t below)	title Ot	ssuer)% Owner ther (specify elow)	
(Last) C/O AVALONBA BALLSTON TO		1	3. Date of Earliest Transaction (Month/Day/Year) 02/16/2011		,	SVP-General Counsel		
(Street) ARLINGTON (City)	VA (State)	(Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv X	Form filed by	roup Filing (Check A One Reporting Per More than One Rep	son	

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)			Securities	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
			Code	v	Amount	(A) or (D)	Price	3 and 4)		(Instr. 4)	
Common Stock, par value \$.01 per share	02/16/2011		Α		2,248	Α	\$0.00 ⁽¹⁾	9,169.8635 ⁽²⁾	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)	Transaction D Code (Instr. S 8) A or of		Derivative		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	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	Amount or Number of Shares		Transaction(s) (Instr. 4)		
Employee Stock Options (Right to Buy)	\$115.83	02/16/2011		A		4,598		02/16/2012 ⁽³⁾	02/16/2021	Common Stock	4,598	\$0.00 ⁽⁴⁾	4,598 ⁽⁵⁾	D	

Explanation of Responses:

1. Reflects grant of shares of restricted stock under the Company's Stock Option and Incentive Plan, which shares are subject to vesting requirements.

2. The amount of securities owned following the reported transaction reflects direct ownership of all shares of common stock, including restricted shares.

3. These options vest in three annual installments, with the first installment vesting on 2/16/2012.

4. Reflects grant of options under the Company's Stock Option and Incentive Plan.

5. Following the reported transaction, the reporting person holds a total of 44,836 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-infact under Power of Attorney dated 02/18/2011 February 23, 2009 ** 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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