FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB A	PPR	OVA
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OMB Number:	3235-0287
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hours per response:	0.5

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 Lesson			2. Issuer Name and Ticker or Trading Symbol AVALONBAY COMMUNITIES INC [AVB]	(Check	ionship of Reporting Person(s) all applicable) Director Officer (give title	to Issuer 10% Owner Other (specify
	(First) 7 COMMUNITIES, 7ER, 671 N. GLEBE		3. Date of Earliest Transaction (Month/Day/Year) 03/13/2013	X	EVP-General Cou	below)
(Street) ARLINGTON (City)	VA (State)	22203 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indivi	eck Applicable Line) g Person e 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)		nsaction de (Instr. 4. Securities Disposed Of				Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership
			Code	v	Amount	(A) or (D)	Price	3 and 4)		(Instr. 4)
Common Stock, par value \$.01 per share	03/13/2013		Α		1,972	Α	\$0.00(1)	15,248.3054 ⁽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)	4. Transac Code (Ir 8)		5. Numb Derivati Securiti Acquire or Dispo of (D) (II 4 and 5)	ve es d (A) osed ostr. 3,	6. Date Exercisable and Expiration Date (Month/Day/Year)		e Securities Underlying		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)	Ownership Form: Direct (D)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)		
Employee Stock Options (Right to Buy)	\$126.78	03/13/2013		A		5,044		03/13/2014 ⁽³⁾	03/13/2023	Common Stock	5,044	\$0.00 ⁽⁴⁾	5,044 ⁽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 3/13/2014.
- 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 31,329 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 03/15/2013 February 23, 2009

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 $Note: File \ three \ copies \ of \ this \ Form, \ one \ of \ which \ must \ be \ manually \ signed. \ If \ space \ is \ insufficient, \ see \ Instruction \ 6 \ for \ procedure.$

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

 $^{^{\}star}$ 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).