

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

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>McLaughlin William M</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) 02/27/2014	
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	02/27/2014		M		1,472	A	\$67.86	53,596.259 <sup>(1)</sup>	D	
Common Stock, par value \$.01 per share	02/27/2014		M		1,039	A	\$96.19	54,635.259 <sup>(1)</sup>	D	
Common Stock, par value \$.01 per share	02/27/2014		M		1,156	A	\$86.4	55,791.259 <sup>(1)</sup>	D	
Common Stock, par value \$.01 per share	02/27/2014		M		2,060	A	\$48.6	57,851.259 <sup>(1)</sup>	D	
Common Stock, par value \$.01 per share	02/27/2014		M		1,347	A	\$74.2	59,198.259 <sup>(1)</sup>	D	
Common Stock, par value \$.01 per share	02/27/2014		F <sup>(2)</sup>		3,924	D	\$127.3	55,274.259 <sup>(1)</sup>	D	
Common Stock, par value \$.01 per share	02/28/2014		S		3,500	D	\$129	51,774.259 <sup>(1)</sup>	D	
Common Stock, par value \$.01 per share	03/01/2014		F <sup>(3)</sup>		1,308	D	\$128.97	50,466.259 <sup>(1)</sup>	D	
Common Stock, par value \$.01 per share								1,160 <sup>(4)</sup>	I	Held by children in household or in trust for children

**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
Stock Options (Right to Buy)	\$67.86	02/27/2014		M			1,472	02/11/2006 <sup>(5)</sup>	02/11/2015	Common Stock	1,472	\$0.00 <sup>(5)</sup>	0	D	
Stock Options (Right to Buy)	\$96.19	02/27/2014		M			1,039	02/09/2007 <sup>(6)</sup>	02/09/2016	Common Stock	1,039	\$0.00 <sup>(6)</sup>	0	D	
Stock Options (Right to Buy)	\$86.4	02/27/2014		M			1,156	02/11/2009 <sup>(7)</sup>	02/11/2018	Common Stock	1,156	\$0.00 <sup>(7)</sup>	10,976	D	
Stock Options (Right to Buy)	\$48.6	02/27/2014		M			2,060	02/11/2010 <sup>(8)</sup>	02/11/2019	Common Stock	2,060	\$0.00 <sup>(8)</sup>	14,047	D	
Stock Options (Right to Buy)	\$74.2	02/27/2014		M			1,347	02/11/2011 <sup>(9)</sup>	02/11/2020	Common Stock	1,347	\$0.00 <sup>(9)</sup>	5,112 <sup>(10)</sup>	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.
- Reflects payment of exercise price by delivering securities to the Company.
- Reflects withholding of shares by the Company to cover tax withholding obligations on the vesting of restricted stock under the Company's Stock Option and Incentive Plan.
- No transaction is reported. The amount of securities owned indirectly following the reported transactions is included for information purposes only.
- The options exercised were included in options granted under the issuer's stock option and incentive plan on February 11, 2005, which became exercisable in three equal annual installments beginning on February 11, 2006.
- The options exercised were included in options granted under the issuer's stock option and incentive plan on February 9, 2006, which became exercisable in three equal annual installments beginning on February 9, 2007.
- 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 annual installments beginning on February 11, 2009.
- 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 annual installments beginning on February 11, 2010.
- 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 annual installments beginning on February 11, 2011.

10. Following the reported transaction, the reporting person holds a total of 76,223 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 03/03/2014  
February 22, 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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