FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

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Check this box if no		_		hours	hours per response:		
May continue. See	or Form 5 obligations Instruction 1(b).	Image: Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 n* 2. Issuer Name and Ticker or Trading Symbol AVALONBAY COMMUNITIES INC [AVB] 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 11/03/2014 EVP-General Counsel					
1. Name and Address <u>SCHULMAN</u> (Last) C/O AVALONBA BALLSTON TO	EDWARD M (First) Y COMMUNIT	(Middle) TES, INC.	AVALONBAY COMMUNITIES INC [AVB] 3. Date of Earliest Transaction (Month/Day/Year)	(Check	all applicable) Director Officer (give title below)	10% Owner Other (specify below)	
(Street) ARLINGTON (City)	VA (State)	22203 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)		Form filed by One	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)	n Date, Transaction Code (Instr.		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr.	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	11/03/2014		М		9,709	Α	\$143.34	22,656.7385 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	11/03/2014		М		4,598	A	\$115.83	27,254.7385 ⁽¹⁾	D	
Common Stock, par value \$.01 per share	11/03/2014		S		14,307	D	\$157.628(2)	12,947.7385 ⁽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. 5. Number of Derivative Code (Instr. 8) or Disposed of O() (Instr. 3) 4 and 5)		tive ties ed (A) oosed Instr. 3,	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)		
Stock Options (Right to Buy)	\$143.34	11/03/2014		М			9,709	02/08/2008 ⁽³⁾	02/08/2017	Common Stock	9,709	\$0.00 ⁽³⁾	0	D	
Stock Options (Right to Buy)	\$115.83	11/03/2014		М			4,598	02/16/2012 ⁽⁴⁾	02/16/2021	Common Stock	4,598	\$0.00 ⁽⁴⁾	0 ⁽⁵⁾	D	

Explanation of Responses:

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

2. This transaction was executed in multiple trades at prices ranging from \$157.58 to \$157.83. 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.

3. The options exercised were included in options granted under the issuer's stock option and incentive plan on February 08, 2007 which became exercisable in three equal installments beginning on February 08, 2008.

4. The options exercised were included in options granted under the issuer's stock option and incentive plan on February 16, 2011 which became exercisable in three equal installments beginning on February 16, 2012.

5. Following the reported transaction, the reporting person holds a total of 14,093 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 11/05/2014 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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