FORM 4

### **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

| OMB APPRO |
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## 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 1. Name and Address of Reporting Lesson   |         |          | 2. Issuer Name and Ticker or Trading Symbol AVALONBAY COMMUNITIES INC [ AVB ] |            | ionship of Reporting Person(<br>all applicable)<br>Director                               | Person(s) to Issuer 10% Owner |  |  |
| (l ast)   | (Firet) | (Middle) |   | X          | Officer (give title below)  | Other (specify below)         |  |  |
| (Last) (First) (Middle) C/O AVALONBAY COMMUNITIES, INC. BALLSTON TOWER, 671 N. GLEBE ROAD |         | INC.     | 3. Date of Earliest Transaction (Month/Day/Year) 03/01/2016                   |            | Chief Administrative Officer  |                               |  |  |
| (Street) ARLINGTON  | VA      | 22203    | 4. If Amendment, Date of Original Filed (Month/Day/Year)                      | 6. Individ | dual or Joint/Group Filing (Ct<br>Form filed by One Reportir<br>Form filed by More than O | ng Person                     |  |  |
| (City)  | (State) | (Zip)    |   |            |   |                               |  |  |

### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3)         | 2. Transaction<br>Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 3.<br>Transac<br>Code (I<br>8) |   |          |               |          | 5. Amount of<br>Securities<br>Beneficially Owned<br>Following Reported | 6. Ownership<br>Form: Direct (D)<br>or Indirect (I)<br>(Instr. 4) | 7. Nature of Indirect Beneficial Ownership |
|---|--|---|--------------------------------|---|----------|---------------|----------|--|---|--|
|   |  |   | Code                           | v | Amount   | (A) or<br>(D) | Price    | Transaction(s) (Instr.<br>3 and 4)                                     |   | (Instr. 4)                                 |
| Common Stock, par value \$.01 per share | 03/01/2016                                 |   | F                              |   | 2,128(1) | D             | \$177.63 | 46,279.1986 <sup>(2)</sup>   | D   |  |
| Common Stock, par value \$.01 per share | 03/02/2016                                 |   | M                              |   | 2,725    | A             | \$130.23 | 49,004.1986 <sup>(2)</sup>   | D   |  |
| Common Stock, par value \$.01 per share | 03/02/2016                                 |   | М                              |   | 696      | A             | \$143.34 | 49,700.1986 <sup>(2)</sup>   | D   |  |
| Common Stock, par value \$.01 per share | 03/02/2016                                 |   | М                              |   | 863      | A             | \$115.83 | 50,563.1986(2)   | D   |  |
| Common Stock, par value \$.01 per share | 03/02/2016                                 |   | М                              |   | 752      | A             | \$132.95 | 51,315.1986 <sup>(2)</sup>   | D   |  |
| Common Stock, par value \$.01 per share | 03/02/2016                                 |   | S                              |   | 1,958    | D             | \$178.25 | 49,357.1986 <sup>(2)</sup>   | D   |  |
| Common Stock, par value \$.01 per share | 03/02/2016                                 |   | F                              |   | 2,240    | D             | \$178.53 | 47,117.1986 <sup>(2)</sup>   | D   |  |

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of<br>Derivative<br>Security (Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transac<br>Code (li<br>8) |   | Derivative |       | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) |                    | 7. Title and Amount of<br>Securities Underlying<br>Derivative Security (Instr.<br>3 and 4) |                                     | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|--|---|--|---|---------------------------------|---|------------|-------|--|--------------------|--|-------------------------------------|---|--|--|--|
|  |   |  |   | Code                            | v | (A)        | (D)   | Date<br>Exercisable  | Expiration<br>Date | Title  | Amount<br>or<br>Number<br>of Shares |   | Transaction(s)<br>(Instr. 4)   |  |  |
| Employee Stock<br>Options (Right to<br>Buy)      | \$130.23  | 03/02/2016                                 |   | M                               |   |            | 2,725 | 02/13/2014   | 02/13/2023         | Common<br>Stock  | 2,725                               | \$0.00  | 0  | D  |  |
| Employee Stock<br>Options (Right to<br>Buy)      | \$143.34  | 03/02/2016                                 |   | M                               |   |            | 696   | 02/08/2008   | 02/08/2017         | Common<br>Stock  | 696                                 | \$0.00  | 0  | D  |  |
| Employee Stock<br>Options (Right to<br>Buy)      | \$115.83  | 03/02/2016                                 |   | M                               |   |            | 863   | 02/16/2012   | 02/16/2021         | Common<br>Stock  | 863                                 | \$0.00  | 0  | D  |  |
| Employee Stock<br>Options (Right to<br>Buy)      | \$132.95  | 03/02/2016                                 |   | M                               |   |            | 752   | 02/16/2013   | 02/16/2022         | Common<br>Stock  | 752                                 | \$0.00  | 0(3)   | D  |  |

#### **Explanation of Responses:**

- 1. 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.
- 2. The amount of securities owned following the reported transaction reflects direct ownership of all shares of common stock, including restricted shares.
- 3. Following the reported transaction, the reporting person holds a total of 1,682 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 03/03/2016 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.

<sup>\*</sup> If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

<sup>\*\*</sup> Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).