# FORM 4

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UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

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

| may continue. See In               | struction 1(b).                               | Fi    | iled pursuant to Section 16(a) of the Securities Exchange Act of 1934<br>or Section 30(h) of the Investment Company Act of 1940 |                |   |   |  |
|------------------------------------|---|-------|---|----------------|---|---|--|
| 1. Name and Address of SARLES H JA | 1 0   |       | 2. Issuer Name <b>and</b> Ticker or Trading Symbol<br><u>AVALONBAY COMMUNITIES INC</u> [ AVB ]                                  |                | ionship of Reporting Persor<br>all applicable)<br>Director<br>Officer (give title   | i(s) to Issuer<br>10% Owner<br>Other (specify |  |
|                                    | (First)<br>7 COMMUNITIES,<br>ER, 671 N. GLEBE |       | 3. Date of Earliest Transaction (Month/Day/Year)<br>05/31/2018  |                | below)  | below)  |  |
| (Street)<br>ARLINGTON              | VA  | 22203 | 4. If Amendment, Date of Original Filed (Month/Day/Year)  | 6. Indivi<br>X | ndividual or Joint/Group Filing (Check Applicable Line<br>X Form filed by One Reporting Person<br>Form filed by More than One Reporting Perso |   |  |
| (City)                             | (State)                                       | (Zip) |   |                |   |   |  |

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

|   | Date       | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 3.<br>Transaction<br>Code (Instr.<br>8) |   | 4. Securities Acquired (A) or<br>Disposed Of (D) (Instr. 3, 4 and 5) |               |        | Securities                | 6. Ownership<br>Form: Direct (D)<br>or Indirect (I)<br>(Instr. 4) | 7. Nature of<br>Indirect<br>Beneficial<br>Ownership |
|---|------------|---|---|---|--|---------------|--------|---------------------------|---|---|
|   |            |   | Code                                    | v | Amount   | (A) or<br>(D) | Price  | 3 and 4)                  |   | (Instr. 4)  |
| Common Stock, par value \$.01 per share | 05/31/2018 |   | Α                                       |   | 846 <sup>(1)</sup>   | Α             | \$0.00 | 20,955.378 <sup>(2)</sup> | D   |   |

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

| Security (Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | (Month/Day/Year) | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | Transaction<br>Code (Instr.<br>8) |   | Derivative |     |                     |                    | 7. Title and Amount of<br>Securities Underlying<br>Derivative Security (Instr.<br>3 and 4) |                                  | Derivative<br>Security<br>(Instr. 5) | Reported                     | or Indirect<br>(I) (Instr. 4) | Beneficial<br>Ownership<br>(Instr. 4) |
|---------------------|---|------------------|---|-----------------------------------|---|------------|-----|---------------------|--------------------|--|----------------------------------|--------------------------------------|------------------------------|-------------------------------|---------------------------------------|
|                     |   |                  |   | Code                              | v | (A)        | (D) | Date<br>Exercisable | Expiration<br>Date | Title  | Amount or<br>Number of<br>Shares |                                      | Transaction(s)<br>(Instr. 4) |                               |                                       |

Explanation of Responses:

1. Reflects grant of shares of Restricted Stock under the issuer's Second Amended and Restated 2009 Equity Incentive Plan, which are subject to vesting requirements.

2. The amount of securities owned following the reported transaction reflects direct ownership of all shares of common stock, some of which may be subject to vesting requirements.

Remarks:

### By Catherine T. White, as attorney-

in-fact under Power of Attorney 06/04/2018

dated January 28, 2009

\*\* Signature of Reporting Person Date

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

 $^{\ast}$  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.

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.