FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPRO

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l	OMB Number:	3235-0287
l	Estimated average burden	
l	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]		onship of Reporting Person(all applicable) Director	s) to Issuer 10% Owner	
(Last)	(First)	(Middle)		X	Officer (give title below)	Other (specify below)	
C/O AVALONBAY	COMMUNITIES, ER, 671 N. GLEBE	INC.	3. Date of Earliest Transaction (Month/Day/Year) 02/14/2019	Chief Administrative Officer			
(Street) ARLINGTON	VA	22203	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indivi	dual or Joint/Group Filing (Ct Form filed by One Reportir 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 Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transac Code (Ir 8)		4. Securities Ac Disposed Of (D			Securities	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	3 and 4)		(msu. 4)
Common Stock, par value \$.01 per share	02/14/2019		A		5,696(1)	A	\$0.00	41,899.9144(2)	D	

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

	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)		Derivative		Expiration Date		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		Derivative	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)

Explanation of Responses:

- 1. Reflects grant of shares of restricted stock under the Company's 2009 Equity 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.

Remarks:

Catherine T. White, as attorney-infact under Power of Attorney dated 02/19/2019 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.

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.