

Form 144 Filer Information**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

FORM 144

Form 144**NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933****144: Filer Information**

Filer CIK

0001532949

Filer CCC

XXXXXXXX

Is this a LIVE or TEST Filing?

☒ LIVE ☐ TEST**Submission Contact Information**

Name

Phone

E-Mail Address

144: Issuer Information

Name of Issuer

AVALONBAY COMMUNITIES INC

SEC File Number

001-12672

Address of Issuer

4040 WILSON BOULEVARD
STE 1000
ARLINGTON
VIRGINIA
22203

Phone

7033296300

Name of Person for Whose Account the
Securities are To Be Sold

Birenbaum Matthew H.

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer

Officer

144: Securities Information

Title of the Class of Securities To Be Sold

Common

Name and Address of the Broker

Merrill Lynch
1152 15th St NW
Suite 6000
Washington
DC
20005Number of Shares or Other Units To Be
Sold

4000

Aggregate Market Value

704230.98

Number of Shares or Other Units
Outstanding

141999068

Approximate Date of Sale

05/22/2023

Name the Securities Exchange

NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class

Common

Date you Acquired

03/01/2021

Nature of Acquisition Transaction

Stock Plan Activity

Name of Person from Whom Acquired

Issuer

Is this a Gift?

☐

Date Donor Acquired

Amount of Securities Acquired

4000

Date of Payment

03/01/2021

Nature of Payment

n/a

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report

☒

144: Remarks and Signature

Remarks

Date of Notice

05/22/2023

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

Matthew Birenbaum

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)