SCHULMAN EDWARD M

Form 4 May 07, 2010

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

OMB APPROVAL

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if no longer subject to Section 16. Form 4 or Form 5

obligations

Check this box

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

05/05/2010

(Print or Type	Responses)											
			2. Issuer Name and Ticker or Trading Symbol AVALONBAY COMMUNITIES INC [AVB]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) C/O AVAI COMMUN INC., BAL GLEBE RI	LONBAY NITIES, LLSTON TOWER		(Month/Day/Year) 05/05/2010			n		Director _X_ Officer (give ti below) SVP-Ge	Owner · (specify			
ARLINGT	(Street)			endment, Donth/Day/Yea	_	nal		6. Individual or Join Applicable Line) _X_ Form filed by On Form filed by Mon Person	e Reporting Per	son		
(City)	(State)	(Zip)	Tab	ole I - Non-	Derivativ	e Secu	ırities Acqı	uired, Disposed of, o	or Beneficially	y Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution E any (Month/Day	Date, if	Code (Instr. 3, 4 and 5) (Instr. 8) (A) or			(D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
Common Stock, par value \$.01 per share	05/05/2010			M	7,696	A	\$ 67.86	17,252.3524 (1)	D			
Common Stock, par value \$.01 per share	05/05/2010			F	952	D	\$ 104.87	7 16,300.3524 (1)	D			

S

6,224 D

D

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Common Stock, par value \$.01 per share				\$ 106.4239 (2)	10,076.3524	
Common Stock, par value \$.01 per share 05/05/2010	S	2,0	37 D	\$ 106.369 (3)	8,039.3524 (1)	D
Common Stock, par value \$.01 per share 05/05/2010	G	V 150) D	\$ 0 (4)	7,889.3524 (1)	D

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

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(9-02)

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. Transaction Code (Instr. 8)	5. Number proof Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to	\$ 67.86	05/05/2010		M	7,696	02/11/2006(5)	02/11/2015	Common Stock	7,696

Reporting Owners

Buy)

Relationships **Reporting Owner Name / Address** Director 10% Owner Officer Other

SCHULMAN EDWARD M C/O AVALONBAY COMMUNITIES, INC. BALLSTON TOWER, 671 N. GLEBE RD., ARLINGTON, VA 22203

SVP-General Counsel

Reporting Owners 2

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Signatures

Catherine T. White, as attorney-in-fact under Power of Attorney dated February 23, 2009

05/07/2010

**Signature of Reporting Person

Date

Explanation of Responses:

- * 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).
- (1) The amount of securities owned following the reported transaction reflects direct ownership of all shares of common stock, including restricted shares.
- This transaction was executed in multiple trades at prices ranging from \$106.42 to \$106.45. 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.
- This transaction was executed in multiple trades at prices ranging from \$106.35 to \$106.41. 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.
- (4) Reflects gift of 150 shares.
- (5) The options exercised were included in options granted under the issuer's stock option and incentive plan on February 11, 2005 which became exercisable in three equal installments beginning on February 11, 2006.
- (6) Following the reported transaction, the reporting person holds 45,891 options to purchase the issuer's common stock granted on various dates and with varying exercise prices and vesting dates.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

Signatures 3