

United Continental Holdings, Inc.
 Form 4
 December 02, 2013

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
 Foland Jeffrey T.

2. Issuer Name and Ticker or Trading Symbol
 United Continental Holdings, Inc.
 [UAL]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 P. O. BOX 66100 - HDQLD
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 11/27/2013

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 EVP- Mktg, Tech and Strgy

CHICAGO, IL 60666

(City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	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
Common Stock	11/27/2013		M		5,412	A	\$ 34.18 51,436
Common Stock	11/27/2013		S		5,412	D	\$ 39.335 46,024
Common Stock	11/27/2013		M		5,412	A	\$ 35.65 51,436
Common Stock	11/27/2013		S		4,512	D	\$ 39.27 46,924
Common Stock	11/27/2013		S		500	D	\$ 39.28 46,424

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Common Stock 11/27/2013 S 400 D \$ 39.29 46,024 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 of 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)	8. Title and Amount of Derivative Securities (Instr. 3 and 4)
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				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option (Right to Buy)	\$ 34.18	11/27/2013		M		5,412		<u>(1)</u> (3)	01/31/2016	Common Stock	5,412
Option (Right to Buy)	\$ 35.65	11/27/2013		M		5,412		<u>(2)</u> (3)	01/31/2016	Common Stock	5,412

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Foland Jeffrey T. P. O. BOX 66100 - HDQLD CHICAGO, IL 60666			EVP- Mktg, Tech and Strgy	

Signatures

/s/ Jennifer L. Kraft for Jeffrey T. Foland 12/02/2013

**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 options were granted on February 15, 2006.

(2) The options were granted on March 2, 2006.

(3) The original options vested in equal installments on August 1, 2006; February 1, 2007; February 1, 2008; February 1, 2009 and February 1, 2010.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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