HIGHWOODS PROPERTIES INC

Form 4 March 08, 2016

FORM 4

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

OMB 3235-0287 Number:

burden hours per

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

January 31, Expires: 2005 Estimated average

0.5

OMB APPROVAL

Form 4 or Form 5 obligations may continue. See Instruction

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

response...

1(b).

Common

Stock

03/04/2016

03/04/2016

S

3,685

D

(Print or Type Responses)

1. Name and Address of Reporting Person * Penn Kevin E			2. Issuer Name and Ticker or Trading Symbol HIGHWOODS PROPERTIES INC [HIW]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Mo			3. Date of Earliest Transaction (Month/Day/Year) 03/04/2016				Director 10% Owner Sylvantification Officer (give title Other (specify below) SVP/Strategy & Admin			
1			4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
RALEIGH, NC 27604							Person			
(City)	(State)	(Zip)	able I - Non-I	Derivative	Secur	ities Acq	uired, Disposed o	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	E 2A. Deemed Execution Date any (Month/Day/Ye	Code ar) (Instr. 8)	4. Securion(A) or D (Instr. 3,	ispose 4 and (A) or	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common Stock	03/04/2016	03/04/2016	M	1,374	A	\$ 32	29,300	D		
Common Stock	03/04/2016	03/04/2016	M	1,158	A	\$ 36.5	30,458	D		
Common Stock	03/04/2016	03/04/2016	M	1,153	A	\$ 37.71	31,611	D		

\$

(1)

46.01 27,926

D

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

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 control number.

SEC 1474 (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. Transactio 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
Employee Stock Option (right to buy)	\$ 32	03/04/2016	03/04/2016	M	1,374	(2)	02/28/2019	Common Stock	1,374
Employee Stock Option (right to buy)	\$ 36.5	03/04/2016	03/04/2016	M	1,158	(2)	02/28/2020	Common Stock	1,158
Employee Stock Option (right to buy)	\$ 37.71	03/04/2016	03/04/2016	M	1,153	(2)	02/28/2024	Common Stock	1,153

Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer	Other			
Penn Kevin E 3100 SMOKETREE COURT, SUITE 600 RALEIGH, NC 27604			SVP/Strategy & Admin				

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Signatures

/s/Jeffrey D. Miller Attorney in fact for Kevin E.
Penn 03/08/2016

**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) Represents the weighted average sale price. Sale prices range from \$46.01 \$46.02.
- (2) Options vest ratably over 4 years on March 1st of each year after the grant date.

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.

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