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

OMB APPR	OVAL
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longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 5			Issuer Name and Ticker or Trading Symbol D DOMINION FREIGHT LINE INC/VA DFL]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X Officer (give title below) Other (specify below)				
500 OLD DOMINION WAY	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 02/09/2019				SVP - Operations						
(Street) THOMASVILLE, NC 27360		4. If Amendment	, Date Orig	inal Fi	iled(Mont	th/Day/Year)		X_Form file	ed by One Repo	Group Filing rting Person One Reporting l		ble Line)
(City) (State)	(Zip)	Ta	ble I - Non	-Deriv	vative S	ecurities	Acquir	ed, Dispo	osed of, or I	Beneficially	Owned	
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year)		2A. Deemed 3. Tran Execution Date, if any (Month/Day/Year)		(A) or Disposed of (D)			f(D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)			6. Ownership Form: Direct (D)	7. Nature of Indirect Beneficial Ownership
		(wonth/Day/Tear	Code	V	Amount	(A) or (D)	Price	(msu. 3 a				(Instr. 4)
Common Stock	02/09/2019		F		184	D \$ 14	41.75	4,824			D	
Common Stock								330			I	By 401(k) plan
Reminder: Report on a separate line indirectly.	e for each class of secu	urities beneficially	owned dire	ectly or	r							
				conta	ained i	n this fo	rm are	not req	uired to re	formation spond unl itrol numb	ess	EC 1474 (9- 02)
		Derivative Securit e.g., puts, calls, w	•		•			ly Owned				
1. Title of Derivative Security (Instr. 3) 2. Conversion Date (Month/Date) Price of Derivative Security	ion 3A. Deemed Execution Day/Year) any	4. Transaction Code Year) (Instr. 8)	5. Number of	6. Date Exercisable and Expiration Date (Month/Day/Year) 7. Ai (Month/Day/Year) 8. Gi (Ii		7. Tit Amo Unde Secu	nount of derlying curities str. 3 and Derivative Security (Instr. 5)		Derivative Securities Beneficially Owned Following Reported	Ownersh Form of Derivati Security Direct (I or Indire	Beneficial Ownership (Instr. 4)	
		Code V	(A) (D)	Date Exer	cisable	Expiration Date	n Title	Amount or Number of Shares				
Reporting Owners												

Reporting Owner Name / Address	Relationships					
Reporting Owner Name / Address		10% Owner	Officer	Other		
Bates David J.						
500 OLD DOMINION WAY			SVP - Operations			
THOMASVILLE, NC 27360						

Signatures

/s/ David J. Bates	02/12/2019
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).

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 nu	mber.