FORM 4

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

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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 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses) 5. Relationship of Reporting Person(s) to Issuer 1. Name and Address of Reporting Person * 2. Issuer Name and Ticker or Trading Symbol (Check all applicable) OLD DOMINION FREIGHT LINE INC/VA Congdon Helen S Director _X_ 10% Owner X Other (specify below) Officer (give title below) Member of Section 13(d) group (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) C/O OLD DOMINION FREIGHT LINE, 09/13/2010 INC., 500 OLD DOMINION WAY 4. If Amendment, Date Original Filed(Month/Day/Year) 6. Individual or Joint/Group Filing(Check Applicable Line) Form filed by One Reporting Person

X Form filed by More than One Reporting Person THOMASVILLE, NC 27360 (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of Security 2. Transaction 2A Deemed 3. Transaction 4. Securities Acquired 5 Amount of Securities 7. Nature of Beneficially Owned Following Ownership Indirect (Instr. 3) Date Execution Date, if Code (A) or Disposed of (D) Beneficial (Month/Day/Year) any (Instr. 8) (Instr. 3, 4 and 5) Reported Transaction(s) Form: Ownership (Month/Day/Year) (Instr. 3 and 4) Direct (D) (A) or Indirect (Instr. 4) or Code Amount (D) Price (Instr. 4) Common Stock 09/13/2010 $S^{(1)}$ 647 D 25.4195 63,103 (2) D By husband as trustee of $S^{(1)}$ Common Stock 09/13/2010 7,763 D 25.4195 718,979 (2) David S. (5) Congdon Revocable Trust By husband as $S^{(1)}$ 25.4195 150,459 (2) 09/13/2010 4,143 D custodian Common Stock for minor child By Common Stock 32,571 (2) husband By Common Stock 44,367 (2) husband's 401(k) plan As trustee of David S. Congdon Common Stock 418,551 (2) Irrevocable Trust #1 dated 12/1/92 As trustee of David S. Congdon Common Stock 37,050 (2) Irrevocable Trust #2 dated 11/18/99 Ву husband as trustee of David S. Congdon February Common Stock 150,000 (2) 2010 Grantor Retained Annuity Trust

Common Stock						58,198 ⁽²⁾	I	husband as trustee of an Irrevocable Trust Agreement dated 12/18/98 fbo Marilyn Congdon
Common Stock						58,198 (2)	Ι	By husband as trustee of an Irrevocable Trust Agreement dated 12/18/98 fbo Kathryn Congdon
Common Stock						58,198 ⁽²⁾	I	By husband as trustee of an Irrevocable Trust Agreement dated 12/18/98 fbo Ashlyn Congdon
Common Stock						430,651 ⁽²⁾	I	By husband as co-trustee of the Earl E. Congdon GRAT Remainder Trust
Common Stock	09/13/2010	S ⁽¹⁾	4,143	D	\$ 25.4195 (5)	150,459 (3)	I	As trustee of Marilyn Marie Congdon Revocable Declaration of Trust
Common Stock	09/13/2010	S ⁽¹⁾	4,143	D	\$ 25.4195 (5)	150,459 (4)	I	As trustee of Kathryn Leigh Congdon Revocable Declaration of Trust
Common Stock	09/14/2010	S ⁽¹⁾	463	D	\$ 25.4546 (6)	62,640 ⁽²⁾	D	
Common Stock	09/14/2010	S ⁽¹⁾	5,560	D	\$ 25.4546 (6)	713,419 (2)	I	By husband as trustee of David S. Congdon Revocable Trust
Common Stock	09/14/2010	S ⁽¹⁾	2,964	D	\$ 25.4546 (6)	147,495 (2)	I	By husband as custodian for minor child

Common Stock	09/14/2010	S ⁽¹⁾	2,964	D	\$ 25.4546 (6)	147,495 ⁽³⁾	I	As trustee of Marilyn Marie Congdon Revocable Declaration of Trust
Common Stock	09/14/2010	S ⁽¹⁾	2,964	D	\$ 25.4546 (6)	147,495 ⁽⁴⁾	I	As trustee of Kathryn Leigh Congdon Revocable Declaration of Trust

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 (9contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction	3A. Deemed	4.	5. Nu	mber	6. Date Exer	rcisable	7. Tit	tle and	8. Price of	9. Number of	10.	11. Nature	ı
Derivative	Conversion	Date	Execution Date, if	Transaction	of		and Expirati	on Date	Amo	unt of	Derivative	Derivative	Ownership	of Indirect	ı
Security	or Exercise	(Month/Day/Year)	any	Code	Deriv	ative	(Month/Day	/Year)	Unde	erlying	Security	Securities	Form of	Beneficial	ı
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Secur	ities			Secu	rities	(Instr. 5)	Beneficially	Derivative	Ownership	ı
	Derivative				Acqu	ired			(Instr	r. 3 and		Owned	Security:	(Instr. 4)	ı
	Security				(A) o	r			4)			Following	Direct (D)		ı
					Dispo	sed						Reported	or Indirect		ı
					of (D)						Transaction(s)	(I)		ı
					(Instr	. 3,						(Instr. 4)	(Instr. 4)		ı
					4, and	15)									ı
										1					ı
										Amount					ı
							Date	Expiration		or					ı
							Exercisable	Expiration Date	Title	Number					ı
							Exercisable	Date		of					ı
				Code V	(A)	(D)				Shares					ı

Reporting Owners

Donostino Osmos Nomo / Address	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
Congdon Helen S C/O OLD DOMINION FREIGHT LINE, INC. 500 OLD DOMINION WAY THOMASVILLE, NC 27360		X		Member of Section 13(d) group				
Congdon Marilyn M C/O OLD DOMINION FREIGHT LINE, INC. 500 OLD DOMINION WAY THOMASVILLE, NC 27360		X		Member of Section 13(d) group				
Congdon Kathryn L. C/O OLD DOMINION FREIGHT LINE, INC. 500 OLD DOMINION WAY THOMASVILLE, NC 27360		X		Member of Section 13(d) group				

Signatures

/s/ Joel B. McCarty, Jr., by Power of Attorney **Signature of Reporting Person	09/15/2010 Date
/s/ Joel B. McCarty, Jr., by Power of Attorney **Signature of Reporting Person	09/15/2010 Date
/s/ Joel B. McCarty, Jr., by Power of Attorney **Signature of Reporting Person	09/15/2010 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 sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on August 30, 2010.

- (2) These securities are beneficially owned by Helen S. Congdon, who may be deemed a member of a "group" for purposes of Section 13(d) of the Exchange Act. The other members of the Section 13(d) group are indentified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.
- (3) These securities are beneficially owned by Marilyn M. Congdon, who may be deemed a member of a "group" for purposes of Section 13(d) of the Exchange Act. The other members of the Section 13(d) group are indentified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.
- (4) These securities are beneficially owned by Kathryn L. Congdon, who may be deemed a member of a "group" for purposes of Section 13(d) of the Exchange Act. The other members of the Section 13(d) group are indentified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$25.33 to \$25.47, inclusive. The
- (5) reporting person undertakes to provide to the issuer, any security holder of the issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote.
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$25.33 to \$25.75, inclusive. The (6) reporting person undertakes to provide to the issuer, any security holder of the issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote.

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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