FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
Estimated average burden
hours per response... 0.5

Check this box if no 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

(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) CONGDON JOHN R JR OLD DOMINION FREIGHT LINE INC/VA X_ 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, 08/09/2016 INC., 500 OLD DOMINION WAY 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 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 (Instr. 3) Date Execution Date, if Code (A) or Disposed of (D) Ownership Indirect Beneficial (Month/Day/Year) any (Instr. 8) (Instr. 3, 4 and 5) Reported Transaction(s) Form: (Month/Day/Year) (Instr. 3 and 4) Direct (D) Ownership (A) or Indirect (Instr. 4) or Code Amount (D) Price (Instr. 4) As trustee of John R. Congdon Common Stock 08/09/2016 S 16,100 D 69.99 820,406 <u>(1)</u> Revocable Trust As trustee of John R. Congdon Common Stock 08/10/2016 S 7,000 D 813,406 69.75 Ir <u>(2)</u> Revocable Trust D Common Stock 1,494 By Congdon Common Stock 608,877 Family, LLC (3) By wife as trustee of John R. Congdon, Jr. 2015 Common Stock 3,571 Irrevocable Trust for Benefit of Michael M. Demo By wife as trustee of John R. Congdon, Jr. 2015 Common Stock 3,571 Irrevocable Trust for Benefit of Brian H. Demo As trustee of John R. Common Stock 39,344 Congdon Jr. 2013 GRAT #2 As trustee of John R. Congdon, Common Stock 52,667 Jr. 2014

															GRA	AT
Common	Stock										100,000			I	of Jo	
Common	Stock										83,610			I	of Jo Cong Jr. 2	rustee ohn R. gdon, 012 AT #2
Common	Stock										100,000			I	of Ti John	R. gdon, 016
Reminder: indirectly.	Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.															
											to the colle					1474 (9- 02)
											rently valid					02)
			Tabla II - l	Dariva	tivo Socuriti	ies Acquir	od D	ienosod (of or F	Ranafic	ially Owned	1				
	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)															
1. Title of		nsaction	3A. Deemed		4.	5. Numbe						8. Price of				11. Nature
Security	Conversion Date or Exercise (Mont	th/Day/Year)	Execution D any		Transaction Code	of Derivative		l Expiration				Derivative Security	Securities			of Indirect Beneficial
(Instr. 3)	Price of		(Month/Day			Securities		2 u y /					Beneficial			Ownership
	Derivative					Acquired				,	nstr. 3 and		Owned			(Instr. 4)
	Security					(A) or Disposed				4)			Following Reported		Direct (D) or Indirect	
						of (D)							Transaction			
						(Instr. 3,							(Instr. 4)		(Instr. 4)	

4, and 5)

Date

Exercisable Date

Expiration

Amount

Shares

Title Number

Reporting Owners

Ī	Percepting Owner Name / Address		Relationships					
	Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
	CONGDON JOHN R JR C/O OLD DOMINION FREIGHT LINE, INC. 500 OLD DOMINION WAY THOMASVILLE, NC 27360	X	X		Member of Section 13(d) group			

Signatures

/s/ John R. Congdon, Jr.	08/11/2016
**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).
- The price reported in column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$69.75 to \$70.75, inclusive. The (1) 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 \$69.50 to \$70.21, inclusive. The (2) 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.
- (3) John R. Congdon, Jr. serves as a manager of Congdon Family, LLC. The John R. Congdon, Jr. Revocable Trust, of which John R. Congdon, Jr. serves as the trustee, is a member of Congdon Family, LLC.

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.