FORM 4	4
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Check this box if no
longer subject to
Section 16. Form 4 or
Form 5 obligations
may continue. See
Instruction 1(b).

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

1. Name and Address of Reporting CONGDON JEFFREY W	2. Issuer Name OLD DOMIN [ODFL]	ION FRI	EIGH	IT LINE	EINC	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) DirectorX_10% Owner Officer (give title below)X Other (specify below)				
(Last) (First) (Middle) 300 ARBORETUM PLACE, SUITE 600		3. Date of Earliest Transaction (Month/Day/Year) 08/12/2016						Member of Section	1 13(d) grou	р
(Street)		4. If Amendment	, Date Ori	ginal	Filed(Mor	nth/Day/	Year)	6. Individual or Joint/Group Fil	ing(Check App	licable Line)
NORTH CHESTERFIELD, V						Form filed by One Reporting Person X Form filed by More than One Report	ing Person			
(City) (State)	(Zip)	Ta	ble I - No	n-De	rivative	Securi	ties Acqu	uired, Disposed of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transa Code (Instr. 8)	ction	4. Secur (A) or E (Instr. 3)	Dispose , 4 and (A)	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Ownership 1	Beneficial Ownership
			Code	v	Amount	or (D)	Price			
Common Stock	08/12/2016		S		9,100	D	\$ 69.64 <u>(1)</u>	652,078 ⁽²⁾	I	As trustee of Jeffrey W. Congdon Revocable Trust
Common Stock	08/12/2016		G	v	2,000	D	\$ 0	650,078 ⁽²⁾	I	As trustee of Jeffrey W. Congdon Revocable Trust
Common Stock	08/12/2016		S		9,400	D	\$ 69.64 <u>(1)</u>	850,440 (<u>5)</u>	I	As trustee of Susan C. Terry Revocable Trust
Common Stock								83,610 ⁽²⁾	I	As trustee of Jeffrey W. Congdon 2012 GRAT #2
Common Stock								52,667 (<u>2)</u>	I	As trustee of Jeffrey W. Congdon 2014 GRAT
Common Stock								39,344 ⁽²⁾	I	As trustee of Jeffrey W. Congdon 2013 GRAT #2
Common Stock								100,000 (2)	I	As trustee of Jeffrey W. Congdon 2015 GRAT
Common Stock								608,877 ⁽²⁾	I	By Congdon Family, LLC (3)

Common Stock							693,864 (<u>4)</u>	I	Congdon Family, LLC
Common Stock							539,209	Ι	By Terry Family Associates, LLC
Common Stock							100,000 <u>(2)</u>	I	As trustee of Jeffrey W. Congdon 2016 GRAT
Reminder: Report on a separate line indirectly.	for each class of sec	curities beneficially	owned dire	ectly	or				

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 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	2.	3. Transaction	3A. Deemed	4.	5.1	Number	6. Date Exe	rcisable	7. Tit	tle and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transaction	n of		and Expirati	ion Date	Amo	unt of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code	De	rivative	ative (Month/Day/Year)		Unde	rlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Sec	urities			Secu	rities	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative				Ac	quired			(Instr	: 3 and		Owned	Security:	(Instr. 4)
	Security				(A)	or			4)			Following	Direct (D)	
						posed						*	or Indirect	
					of (· /						Transaction(s)	< /	
					~	str. 3,						(Instr. 4)	(Instr. 4)	
					4, a	ind 5)								
										Amount				
							Date	Expiration		or				
							Exercisable	Expiration Date	Title	Number				
							Exclosuble	Date		of				
				Code V	(A) (D)				Shares				

Reporting Owners

Denseting Operation Name (Address		Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
CONGDON JEFFREY W 300 ARBORETUM PLACE SUITE 600 NORTH CHESTERFIELD, VA 23236		Х		Member of Section 13(d) group				
TERRY SUSAN C 7511 WHITEPINE ROAD RICHMOND, VA 23237		х		Member of Section 13(d) group				

Signatures

/s/ John R. Congdon, Jr., by Power of Attorney	08/15/2016
Signature of Reporting Person	Date
/s/ John R. Congdon, Jr., by Power of Attorney	08/15/2016
*Signature of Reporting Person	Date
- Signature of Reporting reison	

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 \$69.38 to \$70.10, 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.
- (2) These securities are beneficially owned by Jeffrey W. 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 identified in a Schedule 13D filed with the Securities and Exchange Commission on September 10, 2012.
- (3) Jeffrey W. Congdon serves as a manager of Congdon Family, LLC. The Jeffrey W. Congdon Revocable Trust, which Jeffrey W. Congdon serves as the trustee of, is a member of Congdon Family, LLC.
- (4) Susan C. Terry disclaims beneficial ownership of the reported securities. The Susan C. Terry Revocable Trust, which Susan C. Terry serves as the trustee of, is a member of Congdon Family, LLC.
- (5) These securities are beneficially owned by Susan C. Terry, 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 identified in a Schedule 13D filed with the Securities and Exchange Commission on September 10, 2012.

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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