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

OMB APPROVAL					
OMB Number:	3235-0287				
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nours per response	e 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

s)												
Name and Address of Reporting Person * 2. Issuer Name and Ticker or Trading Symbol OLD DOMINION FREIGHT LINE INC/VA [ODFL]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable) _X_ Director 10% Owner Officer (give title below) Other (specify below)								
		3. Date of Earliest Transaction (Month/Day/Year) 05/15/2019										
(Street) NC 27360		4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting PersonForm filed by More than One Reporting Person						
(State)	(Zip)	Ta	ble I - No	n-Deriv	ative S	Securities .	Acquii	red, Dispo	osed of, or l	Beneficially (Owned	
Γ	Date	any	Code (Instr. 8)		(A) or l (Instr. 3	Disposed of 3, 4 and 5) (A) or	f (D)	Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
-	05/15/2010					<u> </u>		1 6/1				
	Table II - I	Derivative Securiti	es Acquir	•				-	OMB con	rol numbe	r.	
		e.g., puts, calls, wa	rrants, op	1			T		ı			
Derivative Conversion Date Executive Security or Exercise (Month/Day/Year) any	Execution Dat	Code of		and Expiration Date (Month/Day/Year) L S		Amo Unde Secur (Instr	unt of rlying rities	Derivative Security (Instr. 5)		Ownersl Form of	Beneficia Ownersh : (Instr. 4)	
			(A) or Disposed of (D) (Instr. 3,				4)	Amount		Reported Transaction	or Indire	ect
	(First) ON FREIGH MINION WA (Street) NC 27360 (State) 2 I (ceparate line for or o	(First) (Middle) ON FREIGHT LINE, MINION WAY (Street) NC 27360 (State) (Zip) 2. Transaction Date (Month/Day/Year) 05/15/2019 eparate line for each class of securion Table II - I (a) 3. Transaction Date (Month/Day/Year) 3A. Deemed Execution Date (Month/Day/Year)	OLD DOMINI [ODFL] (First) (Middle) 3. Date of Earliest O5/15/2019 MINION WAY (Street) 4. If Amendment, Street) 7. Tamsaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Table II - Derivative Securities beneficially over the case of securities beneficially over the c	OLD DOMINION FRE [ODFL] (First) (Middle) (ON FREIGHT LINE, MINION WAY) (Street) 4. If Amendment, Date Original Properties of Code (Instr. 8) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Instr. 8) (Month/Day/Year) 2. 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Date of Earliest Transaction (Month/Day/Year) ON FREIGHT LINE, MINION WAY (Street) Value Value

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
Aaholm Sherry A C/O OLD DOMINION FREIGHT LINE, INC. 500 OLD DOMINION WAY THOMASVILLE, NC 27360	X					

Signatures

/s/ Sherry A. Aaholm	05/15/2019
**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 number.

May 15, 2019

Securities and Exchange Commission 100 F Street, N.E. Washington, D.C. 20549

Re: Old Dominion Freight Line, Inc.

Ladies and Gentlemen:

Pursuant to General Instruction 7 to Form 3 (Initial Statement of Beneficial Ownership), Form 4 (Statement of Changes in Beneficial Ownership) and Form 5 (Annual Statement of Changes in Beneficial Ownership) promulgated by the Securities and Exchange Commission (the "Commission") pursuant to Section 16 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), the undersigned director, officer and/or shareholder of Old Dominion Freight Line, Inc. (the "Company") hereby authorizes and designates Ross H. Parr, Adam N. Satterfield, Kimberly S. Maready and Wendy U. English, and each of them, to execute and file with the Commission on the undersigned's behalf any and all statements on Form 3, Form 4 or Form 5 relating to the undersigned's beneficial ownership of securities of the Company as required by Section 16(a) of the Exchange Act and the rules of the Commission promulgated thereunder. This authorization and designation shall be effective for so long as the undersigned remains subject to the provisions of Section 16 of the Exchange Act.

Effective as of the 15th day of May, 2019.

/s/ Sherry A. Aaholm Sherry A. Aaholm