

# FORM 4

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

OMB APPROVAL	
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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).

**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)

1. Name and Address of Reporting Person * CONGDON JOHN R JR		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) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)	
(Last) (First) (Middle) C/O OLD DOMINION FREIGHT LINE, INC., 500 OLD DOMINION WAY		3. Date of Earliest Transaction (Month/Day/Year) 05/29/2018		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person	
(Street) THOMASVILLE, NC 27360		4. If Amendment, Date Original Filed (Month/Day/Year)			

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	05/29/2018		G	V	43,256	D	\$ 0	0 <a href="#">(1)</a>	I	As trustee of the John R. Congdon, Jr. 2016 GRAT
Common Stock	08/20/2018		G	V	39,898	D	\$ 0	0 <a href="#">(2)</a>	I	As trustee of the John R. Congdon, Jr. 2016 GRAT #2
Common Stock	11/26/2018		G	V	22,863	D	\$ 0	0 <a href="#">(3)</a>	I	As trustee of the John R. Congdon, Jr. 2013 GRAT #2
Common Stock								1,419,109 <a href="#">(1)</a> <a href="#">(2)</a> <a href="#">(4)</a> <a href="#">(5)</a> <a href="#">(3)</a>	I	As trustee of the John R. Congdon, Jr. Revocable Trust
Common Stock								100,000 <a href="#">(5)</a>	I	As trustee of the John R. Congdon, Jr. 2018 GRAT
Common Stock								46,064	I	By wife as trustee of the John R. Congdon, Jr. 2015 Irrevocable Trust for Benefit of Michael M. Demo
Common Stock								46,064	I	By wife as trustee of the John R. Congdon, Jr. 2015 Irrevocable

										Trust for Benefit of Brian H. Demo
Common Stock								835 (4)	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)				6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date					

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CONGDON JOHN R JR C/O OLD DOMINION FREIGHT LINE, INC. 500 OLD DOMINION WAY THOMASVILLE, NC 27360	X			

## Signatures

/s/ John R. Congdon, Jr.		02/12/2019
<small>**Signature of Reporting Person</small>		<small>Date</small>

## 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) Reflects an exempt transfer of 23,263 shares from the John R. Congdon, Jr. 2016 GRAT to the John R. Congdon, Jr. Revocable Trust on May 29, 2018.
- (2) Reflects an exempt transfer of 26,365 shares from the John R. Congdon, Jr. 2016 GRAT #2 to the John R. Congdon, Jr. Revocable Trust on August 20, 2018.
- (3) Reflects an exempt transfer of 5,554 shares from the John R. Congdon, Jr. 2013 GRAT #2 to the John R. Congdon, Jr. Revocable Trust on November 26, 2018.
- (4) Reflects an exempt transfer of 2,644 shares from an account held directly by the reporting person to the John R. Congdon, Jr. Revocable Trust on August 22, 2018.
- (5) Reflects an exempt transfer of 100,000 shares from the John R. Congdon, Jr. Revocable Trust to the John R. Congdon, Jr. 2018 GRAT on October 12, 2018.

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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