VANCE BRIAN L Form 4 March 15, 2019

# FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

OMB Number:

3235-0287

Expires:

January 31, 2005

0.5

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**OMB APPROVAL** 

response...

if no longer subject to Section 16. Form 4 or Form 5 obligations may continue.

Check this box

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940 See Instruction

(Print or Type Responses)

1(b).

Common

Stock

03/15/2019

V JF	1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1										
			2. Issuer Name <b>and</b> Ticker or Trading Symbol HERITAGE FINANCIAL CORP /WA/ [HFWA]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) PO BOX 15	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 03/14/2019				_X_ Director 10% Owner Officer (give title below) Other (specify below)				
				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			
OLTMITIA,	, WA 90307							Person			
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative :	Secur	ities Acq	uired, Disposed of	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	Pransaction Date 2A. Deemed Execution Date, if any (Month/Day/Year)		3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)			Securities O Beneficially Found (I Following Ir	Ownership Indirect Form: Direct Beneficial	Beneficial Ownership		
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock	03/14/2019			S	916	D	\$ 31.48	115,630	D		
Common Stock	03/15/2019			S	12,705	D	\$ 31.53	102,925	D		
Common Stock	03/15/2019			M	1,700	A	\$ 31.36	104,625	D		
Common Stock	03/15/2019			M	1,492	A	\$ 31.36	106,117	D		

F

1,221

104,896

D

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

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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 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)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Restricted Stock Units (1)	\$ 0	03/15/2019		M	1,700	(2)	03/15/2020	Common Stock	1,700
Restricted Stock Units (3)	\$ 0	03/15/2019		M	1,492	03/15/2021	03/15/2021	Common Stock	1,492

# **Reporting Owners**

Reporting Owner Name / Address	Relationships					
· · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer Other			
VANCE BRIAN L						
PO BOX 1578	X					
OLYMPIA, WA 98507						

# **Signatures**

/s/ Kaylene Lahn Attorney in Fact for Brian
Vance

\*\*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).
- (1) RSU grant 2017
- (2) Represents award pursuant to 2014 Omnibus Equity Plan; shares vest one third per year over a three year period. Each restricted stock unit represents the right to receive one share of the Issuer's Common Stock upon vesting.

Reporting Owners 2

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#### (3) RSU grant 2018

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