Armour Residential REIT, Inc. Form 8-K October 29, 2014		
UNITED STATES SECURITIES AND EXCHANGE COMMI WASHINGTON, D.C. 20549	ISSION	
FORM 8-K		
CURRENT REPORT PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT OF	1934	
Date of Report (Date of earliest event report	ted) October 28, 2014	
ARMOUR Residential REIT, Inc. (Exact Name of Registrant as Specified in I	ts Charter)	
Maryland (State or Other Jurisdiction of Incorporation)	001-34766	26-1908763
	(Commission File Number)	(I.R.S. Employer Identification No.)
3001 Ocean Drive, Suite 201 Vero Beach, Florida (Address of Principal Executive Offices)		32963 (Zip Code)
(772) 617-4340 (Registrant's Telephone Number, Including	g Area Code)	
n/a (Former Name or Former Address, if Chang	ged Since Last Report)	
Check the appropriate box below if the Fort the registrant under any of the following pro		
[_] Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)		
[_] Soliciting material pursuant to Rule 14	4a-12 under the Exchange Act (	17CFR 240.14a-12)
[_] Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b)		
[_] Pre-commencement communications [	pursuant to Rule 13e-4(c) under	the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01. Regulation FD Disclosure.

On October 28, 2014, ARMOUR Residential REIT, Inc. ("ARMOUR") issued a press release announcing that it will provide an online, real-time webcast of its conference call with equity analysts covering ARMOUR's third quarter 2014 operating results, on Thursday, October 30, 2014, beginning at 9:00 a.m. (Eastern Time).

A copy of the press release is attached as Exhibit 99.1 to this report.

The information reported under this Item 7.01 of Form 8-K, including Exhibit 99.1, is being furnished and shall not be deemed "filed" in this or any other filing of ARMOUR under the Securities Exchange Act of 1934, as amended, unless expressly incorporated by specific reference in any such filing.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

Exhibit No. Description

99.1 Press release, dated October 28, 2014

#### **SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: October 28, 2014

#### ARMOUR RESIDENTIAL REIT, INC.

By: /s/ James R. Mountain Name: James R. Mountain Title: Chief Financial Officer

## Exhibit Index

Exhibit No. Description

99.1 Press release, dated October 28, 2014