

FORM 4

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

OMB APPROVAL
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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 Person *		2. Issuer Name and Ticker or Trading Symbol		5. Relationship of Reporting Person(s) to Issuer (Check all applicable)	
Klinck Theodore J		HIGHWOODS PROPERTIES INC [HIW]		<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) EVP/COO & Investment Officer	
(Last) (First) (Middle) 3100 SMOKETREE COURT		3. Date of Earliest Transaction (MM/DD/YYYY) 3/3/2016			
(Street) RALEIGH, NC 27604		4. If Amendment, Date Original Filed (MM/DD/YYYY)		6. Individual or Joint/Group Filing (Check Applicable Line)	
(City) (State) (Zip)				<input type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person	

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

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. 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	3/3/2016	3/3/2016	M		2277	A	\$31.36	53189	D	
Common Stock	3/3/2016	3/3/2016	M		2885	A	\$36.50	56074	D	
Common Stock	3/3/2016	3/3/2016	M		2873	A	\$37.71	58947	D	
Common Stock	3/3/2016	3/3/2016	S		8035	D	\$45.53 (1)	50912	D	

Table II - Derivative Securities Beneficially Owned (e.g. , puts, calls, warrants, options, convertible securities)

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. 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		7. Title and Amount of Securities Underlying Derivative Security (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	Title	Amount or Number of Shares				
Stock Option (right to buy)	\$31.36	3/3/2016	3/3/2016	M		2277		(2)	3/11/2019	Common Stock	2277	\$31.36	2277	D	
Stock Option (right to buy)	\$36.50	3/3/2016	3/3/2016	M		2885		(2)	2/28/2020	Common Stock	2885	\$36.50	5769	D	
Stock Option (right to buy)	\$37.71	3/3/2016	3/3/2016	M		2873		(2)	2/28/2024	Common Stock	2873	\$37.71	8619	D	

Explanation of Responses:

- (1) Represents the weighted average sale price. Sale prices range from \$45.52- \$45.57.
- (2) Options vest ratably over 4 years on March 1st of each year after the grant date.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Klinck Theodore J 3100 SMOKETREE COURT RALEIGH, NC 27604			EVP/COO & Investment Officer	

Signatures

/s/Jeffrey D. Miller Attorney in fact for Theodore J. Klinck

3/7/2016

**Signature of Reporting Person

Date

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

* 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.

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