

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 * Sugrue Kristyn M. (Last) (First) (Middle) C/O BJ'S WHOLESALE CLUB HOLDINGS, INC., 25 RESEARCH DRIVE (Street) WESTBOROUGH, MA 01581 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol BJ's Wholesale Club Holdings, Inc. [BJ]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) ☐ Director ☐ 10% Owner ☒ Officer (give title below) ☐ Other (specify below) SVP, Treasurer
3. Date of Earliest Transaction (MM/DD/YYYY) 3/5/2019		6. Individual or Joint/Group Filing (Check Applicable Line) ☒ Form filed by One Reporting Person ☐ Form filed by More than One Reporting Person
4. If Amendment, Date Original Filed (MM/DD/YYYY)		

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	3/5/2019		M (1)		20000	A	\$7.00
Common Stock	3/5/2019		S (1)		20000	D	\$25.15 (2)

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	\$7.00	3/5/2019		M	(1)		20000	(3)	2/28/2027	Common Stock	20000	\$0.00	30242	D	
Stock Option	\$7.00	3/5/2019		A		23100	(4)	3/5/2019	2/28/2027	Common Stock	23100	\$0.00	53342	D	
Stock Option	\$5.72	3/5/2019		A		1400	(5)	3/5/2019	9/20/2026	Common Stock	1400	\$0.00	1400	D	

Explanation of Responses:

- The exercise and sale reported on this Form 4 were effected pursuant to a Rule 10b5-1 plan adopted by the Reporting Person on January 16, 2019, as amended.
- The price reported in Column 4 is a weighted average price. The shares were sold in multiple transactions at prices ranging from \$26.00 to \$26.525 inclusive. The reporting person undertakes to provide to BJ's Wholesale Club Holdings, Inc., any security holder of BJ's Wholesale Club Holdings, Inc. or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this footnote (2).
- This option is fully vested and currently exercisable.
- The amount reported reflects the number of shares of common stock that vested under the performance-vesting portion of the stock option granted on February 28, 2017 based upon the Issuer's March 5, 2019 determination of the applicable performance criteria achieved in fiscal year 2018.
- The amount reported reflects the number of shares of common stock that vested under the performance-vesting portion of the stock option granted on September 20, 2016 based upon the Issuer's March 5, 2019 determination of the applicable performance criteria achieved in fiscal year 2018.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Sugrue Kristyn M. C/O BJ'S WHOLESALE CLUB HOLDINGS, INC. 25 RESEARCH DRIVE			SVP, Treasurer	

WESTBOROUGH, MA 01581				
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Signatures

/s/ Laura L. Felice, Attorney-in-Fact

3/7/2019

******  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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