SAIA INC Form 4 March 09, 2017

FORM 4

OMB APPROVAL UNITED STATES SECURITIES AND EXCHANGE COMMISSION **OMB**

3235-0287 Washington, D.C. 20549 Number: January 31, Expires:

Check this box if no longer STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF subject to **SECURITIES** Section 16. Form 4 or Form 5

Estimated average burden hours per response... 0.5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,

may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

obligations

1. Name and Address of Reporting Person * Balius Brian A			2. Issuer Name and Ticker or Trading Symbol SAIA INC [SAIA]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check an applicable)			
			(Month/Day/Year)	Director 10% Owner			
11465 JOHNS CREEK			03/08/2017	Officer (give title Other (specify below) VP-Transportation and Engineer			
PARKWAY, SUITE 400							
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
			Filed(Month/Day/Year)	Applicable Line)			
				X Form filed by One Reporting Person			
JOHNS CREEK, GA 30097				Form filed by More than One Reporting			

Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

(City)	(State)	(Zip) Tab	ole I - Non-	Derivative	Secui	rities Acquii	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securit ord Dispos (Instr. 3, 4)	ed of (` '	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)
Common Stock	03/08/2017		S	18,000	D	\$ 46.3091	15,712	D	

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

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

2005

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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. Transactic Code (Instr. 8)	5. orNumber of Derivativ Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	5		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
Phantom Stock	(1)					(2)	<u>(3)</u>	Common Stock	9,389.345
Stock Options (Right to Buy)	\$ 43.01					02/03/2018	02/03/2022	Common Stock	6,750
Stock Options (Right to Buy)	\$ 27.45					02/08/2019	02/08/2023	Common Stock	12,210
Stock Options (Right to Buy)	\$ 46.35					02/07/2020	02/07/2024	Common Stock	3,250

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Balius Brian A 11465 JOHNS CREEK PARKWAY SUITE 400 JOHNS CREEK, GA 30097

VP-Transportation and Engineer

Signatures

/s/ Stephanie R.

Maschmeier

**Signature of Reporting

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) The conversion rate of this derivative security on March 8, 2017 is 1.1936 resulting in 11,206.70 shares of common stock (underlying security in column 7).

Reporting Owners 2

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(2) Immediate

(3) The shares of phantom stock become payable in the Company's common stock upon reporting person's termination of service as an employee, in accordance with the terms of the Plan.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.