#### HERITAGE FINANCIAL CORP /WA/

Form 4

August 31, 2015

### FORM 4

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

OMB Number:

3235-0287

Check this box if no longer

January 31, Expires: 2005

**OMB APPROVAL** 

subject to Section 16. Form 4 or Form 5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES** 

Estimated average burden hours per response... 0.5

obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

			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		Middle)	3. Date of Earliest Transaction (Month/Day/Year) 07/31/2015				Director 10% Owner X Officer (give title Other (specify below)				
				ndment, Date Original nth/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			
(City)	(State)	(Zip)	m 11	T N D		C	••	Person	e D e . 1		
1.Title of Security (Instr. 3)	2. Transaction Date 2A. Deemed (Month/Day/Year) 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)  (A) or Code V Amount (D) Price				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		
Common Stock	07/31/2015 <u>(1)</u>			M	100	A	\$ 14.77	16,359	D		
Common Stock	07/31/2015			S	100	D	\$ 17.81	16,259	D		
Common	08/28/2015			M	150	Δ	\$	16.400	D		

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

M

150

08/28/2015

Stock

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

D

16,409

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number.

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exerci	sable and	7. Title and	Amount of	8.1
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactionof		Expiration Date		Underlying Securities		De
Security	or Exercise		any	Code	Derivative	(Month/Day/Y	ear)	(Instr. 3 and	4)	Sec
(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)						(In
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Common Stock	\$ 14.77	07/31/2015		M	100	05/25/2014	05/25/2020	Common Stock	100	\$
Common Stock	\$ 14.77	08/28/2015		M	150	05/25/2014	05/25/2020	Common Stock	150	\$

## **Reporting Owners**

Reporting Owner Name / Address	Relationships

Director 10% Owner Officer Other

Huntley Cindy M PO BOX 1578 OLYMPIA, WA 98507

SVP Director of Retail Banking

# **Signatures**

Reporting Person

**POA** 

Cindy M Huntley 08/31/2015

\*\*Signature of Date
Reporting Person

Kaylene Lahn 08/31/2015

\*\*Signature of 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) Same day sale of exercised ISO shares reported as a late transaction.

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.

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