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Form 4													
August 24, 2018 FORM 4 Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES 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 (b).										OMB Number: Expires: Estimated a burden hou response	January 31, 2005 ted average hours per		
(Print or Type R		D *							5 D L (1 1)	D (D			
Ingle Sharp Laura Sym			Symbol	2. Issuer Name and Ticker or Trading Symbol INGLES MARKETS INC [IMKTA]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
				e of Earliest Transaction h/Day/Year) 5/2017					_X_ Director				
				endment, 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 				
BLACK MC	DUNTAIN, NC 2	8711							Person	fore than One Re	eporting		
(City)	(State)	(Zip)	Table	e I - Non-	De	erivative S	ecurit	ies Acq	uired, Disposed of	, or Beneficial	ly Owned		
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 Code (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or					Securities Beneficially	6. Ownership7. Nature ofForm: DirectIndirect(D) orBeneficialIndirect (I)Ownership(Instr. 4)(Instr. 4)			
Class A Common Stock	11/03/2017			Code M	V	Amount 30,000	(D) A	Price \$ 0 (1)	30,000	D			
Class A Common Stock	08/23/2018			S		2,500	D	\$ 36	27,500	D			
Class A Common Stock									686.1	I	By Minor Children (2)		

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

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

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. Number of tiorDerivative Securities) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Expiration Date (Month/Day/Year) (A) ed of		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. P Deri Secu (Ins
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Class B Common Stock	<u>(1)</u>	11/03/2017		М		30,000	<u>(3)</u>	(3)	Class A Common Stock	30,000	\$
Class B Common Stock	(1)						(3)	(3)	Class A Common Stock	2,025	

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
Ingle Sharp Laura 2913 US HIGHWAY 70 WEST BLACK MOUNTAIN, NC 28711	Х							
Signatures								
Ronald B. Freeman, as								

attorney-in-fact

08/24/2018

**Signature of Reporting Person

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) Class B Common Stock may be converted to Class A Common Stock on a 1-for-1 basis without additional consideration.

(2) The shares are held by the reporting person's minor children.

(3) Class B Common Stock is convertible into Class A Common Stock at any time on a one-for-one basis, and has no expiration date. 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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