Armour Residential REIT, Inc. Form 8-K May 07, 2014		
UNITED STATES SECURITIES AND EXCHANGE COMMI WASHINGTON, D.C. 20549	ISSION	
FORM 8-K		
CURRENT REPORT PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT OF	1934	
Date of Report (Date of earliest event repor	ted) May 7, 2014	
ARMOUR Residential REIT, Inc. (Exact Name of Registrant as Specified in I	ts Charter)	
Maryland	001-34766	26-1908763
(State or Other Jurisdiction of Incorporation)	(Commission File Number)	(I.R.S. Employer Identification No.)
3001 Ocean Drive, Suite 201 Vero Beach, Florida		32963
(Address of Principal Executive Offices)		(Zip Code)
(772) 617-4340 (Registrant's Telephone Number, Including	; Area Code)	
n/a (Former Name or Former Address, if Chang	ged Since Last Report)	
Check the appropriate box below if the Fort the registrant under any of the following pro	_	
[_] Written communications pursuant to F	Rule 425 under the Securities Ac	et (17 CFR 230.425)
[_] Soliciting material pursuant to Rule 14	4a-12 under the Exchange Act (	17CFR 240.14a-12)
[_] Pre-commencement communications p	pursuant to Rule 14d-2(b) under	the Exchange Act (17 CFR 240.14d-2(b)
[_] Pre-commencement communications [	pursuant to Rule 13e-4(c) under	the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01. Regulation FD Disclosure.

On May 7, 2014, ARMOUR Residential REIT, Inc. ("ARMOUR") filed a slide deck presentation, to be presented by members of ARMOUR's executive management, to participants at the Mitsubishi Mortgage REIT Conference on May 7, 2014. The slide deck presentation contains updates on ARMOUR's financial position, business and operations. Attached as Exhibit 99.1 to this report is the slide deck presentation to be presented.

The slide deck presentation attached to this report as Exhibit 99.1 is furnished pursuant to this Item 7.01 and shall not be deemed filed in this or any other filing of ARMOUR under the Securities Exchange Act of 1934, as amended, unless expressly incorporated by specific reference in any such filing.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

Exhibit No. Description

Slide Deck Presentation to be presented at the Mitsubishi Mortgage REIT Conference, dated May 7,

2014

#### **SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: May 7, 2014

ARMOUR RESIDENTIAL REIT, INC.

By: /s/ Mark Gruber Name: Mark Gruber

Title: Chief Operating Officer

## Exhibit Index

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Slide Deck Presentation to be presented at the Mitsubishi Mortgage REIT Conference, dated May 7, 99.1

2014