

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0001690867
Filer CCC XXXXXXXXX
Is this a LIVE or TEST Filing? LIVE TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer RLJ LODGING TRUST
SEC File Number 001-35169
Address of Issuer 3 BETHESDA METRO CENTER
Bethesda
MARYLAND
20814
Phone 3012807777
Name of Person for Whose Account the Securities are To Be Sold ARTHUR R. COLLINS

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Affiliate

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Class A Common Stock	J.P. Morgan Securities LLC 390 Madison Avenue 6th Floor New York NY 10017	25000	298500	155844358	12/22/2023	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition	Name of Person from	Is this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *
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	Transaction	Whom Acquired	a Gift?	Acquired	Acquired
Common	10/25/2017 Compensation	Issuer	<input type="checkbox"/>	987	10/25/2017 NA
Common	01/25/2018 Compensation	Issuer	<input type="checkbox"/>	987	01/25/2018 NA
Common	05/07/2018 Compensation	Issuer	<input type="checkbox"/>	1298	05/07/2018 NA
Common	08/07/2018 Compensation	Issuer	<input type="checkbox"/>	1298	08/07/2018 NA
Common	11/07/2018 Compensation	Issuer	<input type="checkbox"/>	1298	11/07/2018 NA
Common	05/07/2018 Compensation	Issuer	<input type="checkbox"/>	1299	05/07/2019 NA
Common	08/03/2019 Compensation	Issuer	<input type="checkbox"/>	1474	08/03/2019 NA
Common	11/03/2019 Compensation	Issuer	<input type="checkbox"/>	1475	11/03/2019 NA
Common	02/03/2020 Compensation	Issuer	<input type="checkbox"/>	1474	02/03/2020 NA
Common	01/30/2021 Compensation	Issuer	<input type="checkbox"/>	2960	01/30/2021 NA
Common	04/30/2021 Compensation	Issuer	<input type="checkbox"/>	4663	04/30/2021 NA
Common	10/30/2021 Compensation	Issuer	<input type="checkbox"/>	1704	10/30/2021 NA
Common	01/30/2022 Compensation	Issuer	<input type="checkbox"/>	1704	01/30/2022 NA
Common	04/30/2022 Compensation	Issuer	<input type="checkbox"/>	1704	04/30/2022 NA
Common	07/28/2022 Compensation	Issuer	<input type="checkbox"/>	675	07/28/2022 NA

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report

144: Remarks and Signature

Remarks

Date of Notice 12/22/2023

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/ J.P. Morgan Securities LLC as agent and attorney-in-fact for ARTHUR R. COLLINS

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)