FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

ı	OIVID AFFI	ROVAL
	OMB Number:	3235-028
1	Estimated average b	urdon

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL								
OMB Number:	3235-0287							
Estimated average burden								
hours per response:	0.5							

Name and Address of Reporting Person*     Hale Leslie D.						2. Issuer Name and Ticker or Trading Symbol RLJ Lodging Trust [ RLJ ]									all app	olicable)	10% Ow		wner
(Last) (First) (Middle) C/O RLJ LODGING TRUST 3 BETHESDA METRO CENTER, SUITE 1000					3. Date of Earliest Transaction (Month/Day/Year) 02/13/2020									X Officer (give title Other (specify below)  President and CEO					
(Street) BETHESDA MD 20814  (City) (State) (Zip)					4. If Amendment, Date of Original Filed (Month/Day/Year)									Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person     Form filed by More than One Reporting Person					
	Tabl	e I - No	n-Deriv	ative	Sec	curitie	s Acc	quired,	Dis	posed o	f, oı	r Ben	eficia	ally	Owne	ed			
Date					Date Execution I (Month/Day/Year) if any		Date,	Code (Instr.		Disposed Of (D) (Instr. 3, 4				4 and S B O		Securities Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
									v	Amount	(A) or (D) Pri		Price	Trans		action(s)			
Shares			02/13	/2020				F		8,009	1)	D	\$16	.57	43	33,165	D		
	Та													y Ov	vned				
Conversion or Exercise Price of	3. Transaction Date (Month/Day/Year)	Execution if any	ay/Year)	Code ( 8)	Instr.	r. Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		Expiration (Month/E	Amour or Number of		ount	Deri Secu	ivative urity	derivative Securities Beneficially Owned Following Reported	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)			
	(Find Long Inc.)  LODGING ESDA MET  SDA M  (St.)  Security (Inst.)  Shares	(First) (Conversion or Exercise Price of Derivative (Month/Day/Year)	(First) (Middle) (LODGING TRUST ESDA METRO CENTER, SUITE 10  SDA MD 20814  (State) (Zip)  Table I - No  Security (Instr. 3)  Shares  Table II - I  Conversion or Exercise Price of Derivative (Month/Day/Year)  I any (Month/D	(First) (Middle)  LODGING TRUST  ESDA METRO CENTER, SUITE 1000  SDA MD 20814  (State) (Zip)  Table I - Non-Derive (Month/Loging)  Security (Instr. 3)  Table II - Derivate (e.g., pto 1 date (Month/Loging))  Conversion or Exercise Price of Derivative (Month/Day/Year)  2. (Month/Day/Year)	(First) (Middle)  LODGING TRUST ESDA METRO CENTER, SUITE 1000  Table I - Non-Derivative Security (Instr. 3)  Table II - Derivative S (e.g., puts, c)  Conversion or Exercise Price of Derivative Security  2. Transaction Date (Month/Day/Year)  3. Transaction Date if any (Month/Day/Year)  3. Deemed Execution Date, if any (Month/Day/Year)  4. Transaction Code (Month/Day/Year)  2. (Code (Month/Day/Year)  3. Transaction Date if any (Month/Day/Year)  3. Deemed Execution Date, if any (Month/Day/Year)  3. Deemed Execution Date, if any (Month/Day/Year)	(First) (Middle)  LODGING TRUST  ESDA METRO CENTER, SUITE 1000  4. If Ame  SDA MD 20814  (State) (Zip)  Table I - Non-Derivative Security (Instr. 3)  2. Transaction Date (Month/Day/Year)  Conversion or Exercise Price of Derivative Price of Derivative Derivative Price of Derivative Derivative Price of Derivative Derivative Price of Derivative Pr	(First) (Middle)  LODGING TRUST  ESDA METRO CENTER, SUITE 1000  Table I - Non-Derivative Securitie  (State) (Zip)  Table I - Non-Derivative Securitie  (Month/Day/Year)  Table II - Derivative Securities (e.g., puts, calls, warr:  2. Table II - Derivative Securities (e.g., puts, calls, warr:  2. (e.g., puts, calls, warr:  2. (a) or Derivative Securities (e.g., puts, calls, warr:  3. Transaction Date (Month/Day/Year)  (Month/Day/Year)  3. 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Transaction Date (e.g., puts, calls, warrants, 2. Transaction Date (month/Day/Year)  Shares  13. Transaction Date (month/Day/Year)  Shares  14. Transaction Code (Instr. 8)  S. Number of Derivative Securities Acques (A) or Disposed of (D) (mstr. 3, 4 and 5)  Shares  15. Number of Date (nstr. 8)  Shares  16. Number of Derivative Securities Acques (A) or Disposed of (D) (mstr. 3, 4 and 5)	RLJ Lodging Trust [ Right   Ri	RLJ Lodging Trust [RLJ]  (First) (Middle) 3. Date of Earliest Transaction (Month/02/13/2020  4. If Amendment, Date of Original Filed  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Distentify (Month/Day/Year)  Security (Instr. 3)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  Table II - Derivative Securities Acquired, Distentify (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of (D) attentify (Month/Day/Year)  (Month/Day/Year)  3. Date of Earliest Transaction (Month/02/13/2020)  4. If Amendment, Date of Original Filed  Execution Date, if any (Month/Day/Year)  Code (Instr. 8)  2. Transaction Date (Large Code (Instr. 8))  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 3, 4 and 5)  Date (Month/Day/Year)  Date (Month/Day/Year)  Date Date	RLJ Lodging Trust [ RLJ ]  RLJ Lodging Trust [ R	RLJ Lodging Trust [ RLJ ]  (First) (Middle)  LODGING TRUST  ESDA METRO CENTER, SUITE 1000  Table I - Non-Derivative Securities Acquired, Disposed of, of Security (Instr. 3)  Table I - Non-Derivative Securities Acquired, Disposed of (Endity)  Table II - Derivative Securities Acquired, Disposed of (Endity)  Table II - Derivative Securities Acquired, Disposed of (Endity)  Table II - Derivative Securities Acquired, Disposed of (Endity)  Table II - Derivative Securities Acquired, Disposed of (Endity)  Table II - Derivative Securities Acquired, Disposed of (Instr. 2)  Table II - Derivative Securities Acquired, Disposed of, or Exercise Conversion of Conversion (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Exercise Price of Date (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Exercise Price of Date (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Exercise Price of Date (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Exercise Price of Derivative (A) or Exercise Price of Disposed of (D) (Instr. 3, 4 and 5)  Date Execution Date (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 3, 4 and 5)  Date Execution Date (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 3, 4 and 5)	RLJ Lodging Trust [ RLJ ]  (First) (Middle) (LODGING TRUST  ESDA METRO CENTER, SUITE 1000  Table I - Non-Derivative Securities Acquired, Disposed of, or Benefice (Month/Day/Year)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Benefice (Month/Day/Year)  (Month/Day/Year) (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 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(A) or (D)	RLJ Lodging Trust [ RLJ ]  (First) (Middle) (LODGING TRUST  ESDA METRO CENTER, SUITE 1000  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficial (Month/Day/Year) (Month/Day/Year)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of (D) (Instr. 3, 4 arguired (A) or Exercise of Date or Exercise Price of Date Or Exercise Price of Derivative Security  (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A) Core of Date (A) Or Or Exercise of Date (Month/Day/Year) (Month/Day	RLJ Lodging Trust [ RLJ ]  (First) (Middle) LODGING TRUST  ESDA METRO CENTER, SUITE 1000  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially (Month/Day/Year)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially (Month/Day/Year)  (Month/Day/Year) (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially (Month/Day/Year)  (Shares 02/13/2020 F 8,009(1) D \$16.57  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Over (e.g., puts, calls, warrants, options, convertible securities)  2. Transaction Code (Instr. 3) Transaction Date (Nonth/Day/Year)  (Month/Day/Year) (Month/Day/Year)  (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  2. Transaction Date (Instruction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  2. Transaction Date (Instruction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  2. Transaction Date (Month/Day/Year) (Month/D	RLJ Lodging Trust [ RLJ ]  (Check all apr X Direct X Office Delois Control of Code (Instr. 3)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned (Report Farms)  Shares  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 3, 4 and 5)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Report Farms)  Shares  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Report Farms)  Shares  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 3, 4 and 5)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Report Farms)  Shares  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Report Farms)  Code   V   Amount   (A) or (D)   Price   Report Farms    Code   V   Amount   (A) or (D)   Price    Code   V   Amount   (A) or (D)    Code   V   Amount   (A) or (D) or (D)    Code   V   Amount   (A) or (D) or (D)    Code   V	RLJ Lodging Trust [ RLJ ]  (Check all applicable) X Director X Officer (give title below) Presiden  3. Date of Earliest Transaction (Month/Day/Year) 02/13/2020  4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Line) X Form filed by Month Person  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned  Security (Instr. 3)  2. Transaction Date (Month/Day/Year) (Month/D	RLJ Lodging Trust [ RLJ ] (Check all applicable)	RLJ Lodging Trust [ RLJ ]

## **Explanation of Responses:**

1. Reflects common shares surrendered to the Issuer to satisfy tax withholding obligations in connection with the vesting of restricted common shares.

## Remarks:

/s/ Anita Cooke Wells, 02/18/2020 Attorney-in-Fact

\*\* Signature of Reporting Person Date

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

- $^{\star}$  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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.