FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL								
OMB Number:	3235-0287							
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0.5

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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

					_						_								
1. Name and Address of Reporting Person*					2. Issuer Name and Ticker or Trading Symbol RLJL odging Trust [ RLJ ]									5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
Gormsen Christopher Andrew					Table 2008 11 1000 [ 1000 ]										Direc	ctor	10	% Ov	wner
<b>/</b> E:		N 4: -1 -11 - X		2 D	2. Data of Farliant Transaction (Month/Day/Veer)								$\dashv$	X					specify
(Last) (First) (Middle)															C	hief Accou	inting Off	cer	
C/O RLJ LODGING TRUST					03/22/2013														
3 BETHESDA METRO CENTER, SUITE 1000																			
				4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)								6	6. Individual or Joint/Group Filing (Check Applicable					
				1									L	ine)					
ра м	D 3	00814		1										X	Form	n filed by One	e Reporting	Perso	on
BETHESDA MD 20814															Form filed by More than One Reporting				orting
															Pers	on			
(St	ate) (	Zip)																	
	Tabl	e I - Nor	n-Deriva	ative	Se	curitie	s Acc	quired,	Dis	posed o	f, o	r Ben	efici	ally (	Owne	ed			
				ction												6. Ownership		7. Nature of Indirect	
			Day/Year)   if a		if any ´		Code (Instr.					. 0, . u		Beneficially Owned Following		(D) or Indirect (I) (Instr. 4)	ct	Beneficial Ownership	
								Ī	1	(A) or		Ī	$\neg$					(Instr. 4)	
									V	Amount		(D)	Price	·	(Instr. 3 and 4)				
Common Shares 05/22/					/2019					335(1)		D	\$18	8.69		6,700	D		
	Ta	ble II - F	Derivati	ve S	ecu	rities	Acani	ired. D	isno	sed of	or F	Benef	iciall	v Ov	vned				
	10														viica				
2.	3. Transaction							6. Date Exercisable and 7. Title and										11. Nature	
																		of Indirect Beneficial	
Price of	(,					Securities		` Underlying			derlying			tr. 5) Benet	Beneficially	Direct (	)	Ownership	
Derivative						(A) or						str. 3			Following			(Instr. 4)	
							14)				Reported	(c)							
						(Instr. 3, 4 and 5)									(Instr. 4)	(3)			
			L																
													ount						
													mber						
						(A)	(D)	Date Exercisa			Title	e of	ares						
	Conversion or Exercise Price of Derivative	(First) ( LODGING TRUST ESDA METRO CENTER, S  DA MD 2  (State) (  Table Security (Instr. 3)  Shares  2. Conversion or Exercise Price of Derivative (Month/Day/Year)	(First) (Middle)  LODGING TRUST  ESDA METRO CENTER, SUITE 10  DA MD 20814  (State) (Zip)  Table I - Nor Security (Instr. 3)  Shares  Table II - I (  2. Conversion or Exercise Price of Derivative (Month/Day/Year) (Month/Day/Pear)	(First) (Middle)  LODGING TRUST  ESDA METRO CENTER, SUITE 1000  DA MD 20814  (State) (Zip)  Table I - Non-Derivative (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  Price of Derivative Security  Shares  (Middle)  (All Companies (Middle)  (All Cappender (Middle)  (All Cappender (Middle)  (All Cappender (Middle)  (All Cappender (Month/Day/Year)  (Month/Day/Year)	(First) (Middle)  LODGING TRUST  ESDA METRO CENTER, SUITE 1000  DA MD 20814  (State) (Zip)  Table I - Non-Derivative  Gecurity (Instr. 3)  Table II - Derivative S (e.g., puts, c)  Conversion or Exercise Price of Derivative (Month/Day/Year)  Price of Derivative S (Month/Day/Year)  Shares  RI  3. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year)  4. Transa Code (Month/Day/Year)  (Month/Day/Year)  A. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year)	(First) (Middle)  LODGING TRUST  SDA METRO CENTER, SUITE 1000  Table I - Non-Derivative Security (Instr. 3)  Table II - Derivative Security (e.g., puts, calls  Conversion Or Exercise Price of Derivative Security  (Month/Day/Year)  3. Date of 05/22/22  2. Transaction Date (Month/Day/Year)  Table II - Derivative Security  (Month/Day/Year)  3. Transaction Date (Instr. 3)  3. Date of 05/22/2019  4. Transaction Code (Instr. 3)  4. Transaction Code (Instr. 3)  3. Date of 05/22/2019	(First) (Middle)  LODGING TRUST  ESDA METRO CENTER, SUITE 1000  Table I - Non-Derivative Securities (Month/Day/Year)  Table II - Derivative Securities (e.g., puts, calls, warr  2. Tansaction Date (Month/Day/Year)  Table II - Derivative Securities (e.g., puts, calls, warr  2. Tansaction Date (Month/Day/Year)  A. Transaction One Conversion of Exercise Price of Derivative Security  Security  A. Transaction Code (Instr. 8)  A. Deemed Execution Date, if any (Month/Day/Year)  Security  A. Transaction Code (Instr. 8)  Shares  A. Deemed Execution Date, if any (Month/Day/Year)  Security  Conversion of Exercise Price of Derivative Securities (e.g., puts, calls, warr)  Conversion of Exercise Price of Derivative Security  A. Transaction Code (Instr. 8)  Shares	(First) (Middle)  LODGING TRUST  SDA METRO CENTER, SUITE 1000  Table I - Non-Derivative Securities Acque (Month/Day/Year)  Table II - Derivative Securities Acque (e.g., puts, calls, warrants, of Conversion or Exercise Price of Derivative Security  Security  Security  RLJ Lodging Trustans (S, 22, 2019)  3. Date of Earliest Trans (05/22/2019)  4. If Amendment, Date of Execution Date, if any (Month/Day/Year)  Shares  05/22/2019  Table II - Derivative Securities Acque (e.g., puts, calls, warrants, of Code (Instr. 8)  Shares  1. S. Number of Date (Month/Day/Year)  Shares  2. Transaction Date (e.g., puts, calls, warrants, of Derivative Securities Acque (e.g., puts, calls, warrants, of Derivative Security (A) or Disposed of (D) (Instr. 3, 4, and 5)	RLJ Lodging Trust   Rld   Rld	(First) (Middle)  LODGING TRUST  SDA METRO CENTER, SUITE 1000  Table I - Non-Derivative Securities Acquired, Distermination (Month/Day/Year)  Shares  Table II - Derivative Securities Acquired, Distermination (Month/Day/Year)  Table II - Derivative Securities Acquired, Distermination (Month/Day/Year)  Table II - Derivative Securities Acquired, Distermination (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed (e.g., puts, calls, warrants, options, calls, warrants,	(First) (Middle) LODGING TRUST  SDA METRO CENTER, SUITE 1000  Table I - Non-Derivative Securities Acquired, Disposed of (Month/Day/Year)  Part (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of (e.g., puts, calls, warrants, options, convertibe acquired (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of (e.g., puts, calls, warrants, options, convertibe acquired (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of (Month/Day/Year)  Shares  Table II - Derivative Securities Acquired, Disposed of (e.g., puts, calls, warrants, options, convertibe acquired (A) or (Disposed of (Month/Day/Year) (Month/Day/Year)  A Space (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of (Month/Day/Year)  A Space (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of (Month/Day/Year)  A Space (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of (Month/Day/Year)  A Space (Month/Day/Year)  Date (Month/Day/Year)  Date Expiration	RLJ Lodging Trust   RLJ	(First) (Middle) LODGING TRUST SDA METRO CENTER, SUITE 1000  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficeurity (Instr. 3)  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 4)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Instr. 3)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Shares  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficeurity (Month/Day/Year)	RLJ Lodging Trust [ RLJ ]  (First) (Middle) LODGING TRUST CSDA 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 and 5)  Table II - Derivative Securities Acquired, Disposed of, or Beneficial (e.g., puts, calls, warrants, options, convertible securities)  (Month/Day/Year) (M	RLJ Lodging Trust [ RLJ ]  (Check X  (Check X  (First) (Middle) LODGING TRUST  SDA METRO CENTER, SUITE 1000  A. If Amendment, Date of Original Filed (Month/Day/Year)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially (Month/Day/Year)  Pecurity (Instr. 3)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 3, 4 and 5)  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 3, 4 and 5)  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 3, 4 and 5)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Over (e.g., puts, calls, warrants, options, convertible securities)  2. Transaction Date (Execution Date (Instr. 4)  Code V Amount (A) or (D) Price (Instr. 4)  Shares  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Over (e.g., puts, calls, warrants, options, convertible securities)  2. Transaction Date (Instr. 4)  Conversion Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  Date Execution Date (Month/Day/Year)  Amount of Securities Acquired (Month/Day/Year)  (Month/Day/Year)  Date Execution Date (Month/Day/Year)  Amount of Securities Acquired (Month/Day/Year)  Date Execution Date (Month/Day/Year)  Amount of Securities Acquired (Month/Day/Year)  Date Execution Date (Month/Day/Year)  Amount of Securities Acquired (Month/Day/Year)  Amount of Secur	RLJ Lodging Trust [ RLJ ]  (Check all appropriate (Check all appropr	RLJ Lodging Trust [ RLJ ]  (Check all applicable) Director Officer (give title below)  Chief Account Chief Chi	RLJ Lodging Trust [ RLJ ]  (First) (Middle) (SDA METRO CENTER, SUITE 1000  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year)  (State) (Zip)  Table I - Derivative Securities Acquired, Disposed of, or Beneficially Owned (G.) or Indirection (Month/Day/Year)  (Shares	RLJ Lodging Trust [ RLJ ]  (First) (Middle)  LODGING TRUST  SDA METRO CENTER, SUITE 1000  A MD 20814  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned  (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  (Shares

## **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, Attorney-in-Fact 05/23/2019

\*\* 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.