Edgar Filing: KILMER HENRY W - Form 4

KILMER H	ENRY W										
Form 4 June 06, 201	8										
									OMB AF	PROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								OMB Number:	3235-0287		
Check this box if no longer										January 31, 2005	
subject to STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF							NERSHIP OF	Estimated average			
Section 16. SECURITIES Form 4 or								burden hour response	s per 0.5		
Form 5 obligation							U	e Act of 1934,			
obligations may continue.Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940 1(b).1(b).											
(Print or Type	Responses)										
KILMER HENRY W Symbol COG				2. Issuer Name and Ticker or Trading Symbol COGENT COMMUNICATIONS				5. Relationship of Reporting Person(s) to Issuer			
				HOLDINGS, INC. [CCOI]				(Check all applicable)			
(Last)	(First) ((Middle)	3. Date c	of Earliest T	ransaction			Director		Owner	
				Month/Day/Year) 6/06/2018				X Officer (give title Other (specify below) below) VP of IP Engineering			
(Street) 4. If A			4. If Am	If Amendment, Date Original				6. Individual or Joint/Group Filing(Check			
Filed(M				ed(Month/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person			
WASHING	TON, DC 20037							Form filed by M Person			
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative	Secu	rities Acqu	uired, Disposed of	, or Beneficial	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any	Date, if	3. Transactic Code (Instr. 8)	4. Securit on(A) or Di (Instr. 3, Amount	spose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
common stock	06/06/2018 <u>(1)</u>			S	3,000	D	\$ 52.632	37,200	D		

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

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 control number.

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

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Amou Under Secur	rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Addr	ess	Relationships							
	Director	10% Owner	Officer	Other					
KILMER HENRY W 2450 N ST NW 4TH FLOOR WASHINGTON, DC 2003	7		VP of IP Engineering						
Signatures									
/s/ Henry W. Kilmer	06/06/2018								
<u>**</u> 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) The sale of shares of common stock reported here was implemented pursuant to Mr. Kilmer's structured sale plan (10b5-1 plan).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.