Trojan Greg Form 4 January 17, 2019

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Trojan Greg		ing Person *	2. Issuer Name and Ticker or Trading Symbol BJs RESTAURANTS INC [BJRI]	5. Relationship of Reporting Person(s) to Issuer		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check all applicable)		
			(Month/Day/Year)	Director 10% Owner		
7755 CENTER 300	R AVENUE	, SUITE	01/15/2019	X Officer (give title Other (specify below) President/CEO		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
HUNTINGTON BEACH, CA 92647			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State) (Zip) Table	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	f, or Beneficial	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		
Common Stock	01/15/2019	01/15/2019	A	9,395 (1)	A	\$ 53.22	43,591	D	
Common Stock	01/15/2019	01/15/2019	F	1,612 (2)	D	\$ 53.22	41,979	D	
Common Stock	01/15/2019	01/15/2019	F	1,331 (2)	D	\$ 53.22	40,648	D	
Common Stock	01/15/2019	01/15/2019	F	1,571 (2)	D	\$ 53.22	39,077 (3)	D	

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

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(4)

SEC 1474 (9-02)

Stock

01/15/2020 01/15/2029

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4. 5. Number of		6. Date Exercisable and		7. Title and Amou	
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	TransactionDerivative		Expiration Date		Underlying Secur	
Security	or Exercise		any	Code Securities		(Month/Day/Y	(Instr. 3 and 4)		
(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)				
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Am or Nu of S
Non-Qualified	¢ 52.00	01/15/2010	01/15/2010	٨	31,804	01/15/2020	01/15/2020	Common	2.1

01/15/2019

Reporting Owners

\$ 53.22

Relationships Reporting Owner Name / Address

01/15/2019

Director 10% Owner Officer Other

Trojan Greg

Stock Options

7755 CENTER AVENUE

President/CEO **SUITE 300**

HUNTINGTON BEACH, CA 92647

Signatures

/s/ Jacob J. Guild, Attorney-in-Fact for Gregory A. Trojan

01/17/2019

**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).
- These shares represent a Restricted Stock Unit award vesting in three equal installments beginning on January 15, 2020. Each Restricted Stock Unit represents a contingent right to receive one share of the Issuer's common stock.
- (2) Shares withheld by the Registrant to satisfy minimum statutory withholding requirements on vesting of Restricted Stock Units.
- (3) Amount includes 24,760 of unvested Restricted Stock Units.
- (4) These stock options vest 33.3% per year beginning on January 15, 2020.

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.

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