City Office REIT, Inc. Form 4
July 18, 2016

FORM 4

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

OMB APPROVAL

Number: 3235-0287

Expires:

January 31, 2005

Estimated average burden hours per response... 0.5

if no longer subject to Section 16. Form 4 or

Check this box

Form 4 or Form 5 obligations may continue. See Instruction

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person ** Farrar James Thomas			Symbol		d Ticker or Trading Γ, Inc. [CIO]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last)	(First)	(Middle)	3. Date of Earliest Transaction							
2010-1075 WEST GEORGIA STREET			(Month/2 07/14/2	Day/Year) 2016		X Director X Officer (g below)		Other (specify		
(Street)			4. If Amendment, Date Original			6. Individual or Joint/Group Filing(Check				
VANCOU	E 3C9	Filed(Mo	onth/Day/Yea	er)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned										
1.Title of		Date 2A. Dee		3.	4. Securities Acquired		6.	7. Nature of		

(City)	(State)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Own							
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Date, if any	Code	4. Securities Acquired on (A) or Disposed of (D)			5. Amount of Securities Beneficially	6. Ownership Form: Direct	7. Nature of Indirect Beneficial
		(Month/Day/Year)	(Instr. 8) Code V	(Instr. 3, 4	(A) or (D)	Price	Owned Following Reported Transaction(s) (Instr. 3 and 4)	(D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
Common Stock	07/14/2016	07/14/2016	J	76,226 (1)	D	\$ 0	0	I	Through CIO REIT Stock Limited Partnership
Common Stock	07/14/2016	07/14/2016	A	36,538 (1)	A	\$0	174,789	D	
Common Stock	07/14/2016	07/14/2016	A	8,281 (1)	A	\$0	13,931	I	Through Spouse (2)

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.

SEC 1474 (9-02)

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.	6. Date Exerc	isable and	7. Tit	le and	8. Price of	9.
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	TransactionNumber		Expiration Date A		Amou	ınt of	Derivative	D
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Unde	rlying	Security	Se
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Secur	ities	(Instr. 5)	В
	Derivative				Securities			(Instr	. 3 and 4)		O
	Security				Acquired						Fo
					(A) or						R
					Disposed						Tı
					of (D)						(I
					(Instr. 3,						
					4, and 5)						
									Amount		
									or		
						Date Expiration Exercisable Date	Expiration	Title			
								of			
				Code V	(A) (D)				Shares		
				Couc v	(21) (D)				Dilaics		

Reporting Owners

Relationships Reporting Owner Name / Address

> Director 10% Owner Officer Other

Farrar James Thomas

Chief Executive Officer 2010-1075 WEST GEORGIA STREET X

VANCOUVER, A1 V6E 3C9

Signatures

/s/ James Farrar 07/18/2016 **Signature of Date Reporting Person

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).

L.P., GCC Amberglen L.P., Gibralt US, Inc. and CIO OP Limited Partnership (collectively, the "Second City Funds"), each a limited partner of City Office REIT Operating Partnership, L.P. (the "OP"), pursuant to which the Company issued shares of its common stock, par value \$0.01 per share ("Common Stock"), to the Second City Funds in exchange for tendered units of partnership interest in the OP. The shares of Common Stock then held by each of the Second City Funds, including CIO REIT Stock Limited Partnership, were subsequently distributed to its limited partners, including the Reporting Person.

On July 14, 2016, City Office REIT, Inc. (the "Company") received a redemption request from each of Second City General Partner II,

The Reporting Person disclaims beneficial ownership of these securities as this report shall not be deemed an admission that the Reporting Person is the beneficial owner of these securities for the purposes of Section 16 or any other purpose.

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.

Reporting Owners 2

9. Nu Deriv Secu

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