

INGLES MARKETS INC
Form 4
September 03, 2013

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting Person *
Ingle Sharp Laura

2. Issuer Name and Ticker or Trading Symbol
INGLES MARKETS INC [IMKTA]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
2913 US HIGHWAY 70 WEST
(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
08/28/2013

Director 10% Owner
 Officer (give title below) Other (specify below)

BLACK MOUNTAIN, NC 28711
(City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially 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)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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)
			Code	V	Amount	(A) or (D)	Price
Class A Common Stock	08/28/2013		M		100,000	A	\$ 0 ⁽¹⁾
Class A Common Stock	08/29/2013		S		2,000	D	\$ 25
Class A Common Stock	08/29/2013		S		2,000	D	\$ 25.0011
Class A Common Stock	08/29/2013		S		2,000	D	\$ 25.0017

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Class A Common Stock	08/29/2013		S	2,000	D	\$ 25.0021	92,000	D	
Class A Common Stock	08/29/2013		S	2,000	D	\$ 25.015	90,000	D	
Class A Common Stock	08/29/2013		S	2,000	D	\$ 25.0327	88,000	D	
Class A Common Stock	08/29/2013		S	2,000	D	\$ 25.0563	86,000	D	
Class A Common Stock	09/03/2013		S	2,150	D	\$ 26.0258	83,850	D	
Class A Common Stock	09/03/2013		S	4,298	D	\$ 26.122	79,552	D	
Class A Common Stock	09/03/2013		S	4,850	D	\$ 26.1353	74,702	D	
Class A Common Stock	09/03/2013		S	2,702	D	\$ 26.3714	72,000	D	
Class A Common Stock	09/03/2013		S	1,750	D	\$ 27.5581	70,250	D	
Class A Common Stock	09/03/2013		S	5,250	D	\$ 27.5982	65,000 ⁽²⁾	D	
Class A Common Stock							686.1	I	By Minor Children ⁽³⁾

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.

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

1. Title of Derivative Security	2. Conversion or Exercise	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any	4. Transaction Code	5. Number of Derivative Securities	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8.
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