

HIBBETT SPORTING GOODS INC
 Form 4
 March 29, 2006

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 *
 ADAMS CHARLES W JR

2. Issuer Name and Ticker or Trading Symbol
 HIBBETT SPORTING GOODS INC
 [HIBB]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)
 451 INDUSTRIAL LANE
 (Street)

3. Date of Earliest Transaction
 (Month/Day/Year)
 03/29/2006

____ Director
 Officer (give title below)
 ____ 10% Owner
 ____ Other (specify below)
 VP of IS and Distribution

BIRMINGHAM, AL 35211

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

(City) (State) (Zip)

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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock, par value \$.01 per share	03/29/2006		M		3,038	A	\$ 5.90
Common Stock, par value \$.01 per share	03/29/2006		M		2,363	A	\$ 6.55
Common Stock, par value \$.01 per share	03/29/2006		M		2,363	A	\$ 7.41

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Common Stock, par value \$.01 per share 03/29/2006 S 7,764 D \$ 32 0 D

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

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(9-02)

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares
				Code	V (A) (D)	Date Exercisable Expiration Date	Title	
Employee Stock Option, right to buy	\$ 5.9	03/29/2006		M	3,038	02/21/2002 02/21/2011	Common Stock	3,038
Employee Stock Option, right to buy	\$ 6.55	03/29/2006		M	2,363	02/26/2003 02/26/2012	Common Stock	2,363
Employee Stock Option, right to buy	\$ 7.41	03/29/2006		M	2,363	03/18/2004 03/18/2013	Common Stock	2,363

Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
	VP of IS and Distribution

ADAMS CHARLES W JR
451 INDUSTRIAL LANE
BIRMINGHAM, AL 35211

Signatures

/s/ Charles W.
Adams, Jr. 03/29/2006

**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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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