

Armour Residential REIT, Inc.  
Form 8-K  
September 26, 2016

UNITED STATES

SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT PURSUANT  
TO SECTION 13 OR 15(d) OF THE  
SECURITIES EXCHANGE ACT OF 1934

Date of report (Date of earliest event reported) September 26, 2016

ARMOUR Residential REIT, Inc.  
(Exact Name of Registrant as Specified in Its Charter)

Maryland 001-34766 26-1908763  
(State or Other Jurisdiction of Incorporation) (Commission File Number) (IRS Employer Identification No.)

3001 Ocean Drive, Suite 201 32963  
Vero Beach, Florida  
(Address of Principal Executive Offices) (Zip Code)

(772) 617-4340  
(Registrant's Telephone Number, Including Area Code)

n/a  
(Former Name or Former Address, if Changed Since Last Report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)

Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 8.01. Other Events.

On September 26, 2016, ARMOUR Residential REIT, Inc. ("ARMOUR") announced that it expects to pay a cash dividend rate of \$0.22 to holders of ARMOUR common stock for the month of October 2016, as set forth below:

Holder of Record Date	Payment Date
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October 14, 2016	October 27, 2016
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A copy of ARMOUR's press release announcing the expected common stock dividend is attached hereto as Exhibit 99.1 and incorporated herein by this reference.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

Exhibit No.	Description
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99.1	Press Release announcing the October 2016 expected common stock dividend, dated September 26, 2016
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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: September 26, 2016

ARMOUR RESIDENTIAL  
REIT, INC.

By: /s/ James R. Mountain  
Name: James R. Mountain  
Title: Chief Financial Officer

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Exhibit Index

Exhibit No. Description

99.1 Press Release announcing the October 2016 expected common stock dividend, dated September 26, 2016