Edgar Filing: HOLLAND JOHN J - Form 4

HOLLAND J	OHN J										
Form 4											
May 01, 2009)										
FORM	4									PPROVAL	
UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								OMB Number:	3235-0287		
Check this							Expires:	January 31,			
if no longe subject to	F CHAN	CHANGES IN BENEFICIAL OWNERS				NERSHIP OF	Estimated a	2005			
Section 16	5.								burden hours per		
Form 4 or									response	•	
Form 5 obligation	a	*		• •				ge Act of 1934,			
may contin								f 1935 or Sectio	n		
See Instru		30(h)	of the Inv	vestment C	Company	Act	of 19	40			
1(b).											
(Print or Type R	esponses)										
	ddress of Report	ing Person [*]	2. Issuer	Name and T	Ficker or T	radin	g	-	Reporting Person(s) to		
HOLLAND	JOHN J		Symbol					Issuer			
			SAIA INC [SAIA]					(Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction					(chiefi an approacte)			
11465 JOHNS CREEK PARKWAY,			(Month/Day/Year) 04/30/2009					X_ Director 10% Owner Officer (give title Other (specify below) below)			
SUITE 400								below)	0010W)		
(Street)			4. If Amendment, Date Original			6. Individual or Joint/Group Filing(Check					
			Filed(Month/Day/Year)					Applicable Line)			
								X Form filed by Form filed by M			
JOHNS CRE	EEK, GA 300	97						Person	viore man One Ke	eporting	
(City)	(State)	(Zip)	Table	e I - Non-De	rivative S	ecurit	ties Ac	quired, Disposed o	f, or Beneficial	lly Owned	
1.Title of	2. Transaction	Date 2A Dee	emed	3.	4. Securit	ies		5. Amount of	6. Ownership	7. Nature of	
Security	(Month/Day/Y		on Date, if	Transaction			r	Securities	Form: Direct	Indirect	
(Instr. 3)		any		Code	Disposed			Beneficially	(D) or	Beneficial	
		(Month/	Day/Year)	(Instr. 8)	(Instr. 3, 4	4 and	5)	Owned Following	Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
								Reported	(11150.4)	(1150.4)	
						(A)		Transaction(s)			
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common						(_)		1.070	D		
Stock								1,079	D		

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.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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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. Transactic Code (Instr. 8)	5. Number onof 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)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Stock	\$ 1	04/30/2009		А	4,077	(1)	(1)	Common Stock	4,077
Stock Options (Right to Buy)	\$ 12.05					10/23/2003	04/23/2013	Common Stock	7,500
Stock Options (Right to Buy)	\$ 23.25					10/22/2004	04/22/2014	Common Stock	5,000

Reporting Owners

Reporting Owner Name / Address	Relationships					
The forming of the state of the state of	Director	10% Owner	Officer	Other		
HOLLAND JOHN J 11465 JOHNS CREEK PARKWAY, SUITE 400 JOHNS CREEK, GA 30097	Х					
Signatures						

S /s/ James A. 05/01/2009 Darby

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).
- The shares of phantom stock become payable in the Company's common stock upon the reporting person's termination of service as a (1) Director.

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.

**Signature of

Reporting Person

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