Armour Residential REIT, Inc. Form 8-K February 18, 2016	,	
UNITED STATES SECURITIES AND EXCHANGE COMM WASHINGTON, D.C. 20549	ISSION	
FORM 8-K		
CURRENT REPORT PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT OF	T 1934	
Date of Report (Date of earliest event repor	rted) February 17, 2016	
ARMOUR Residential REIT, Inc. (Exact Name of Registrant as Specified in I	Its Charter)	
Maryland	001-34766	26-1908763
(State or Other Jurisdiction of Incorporation)	(Commission File Number)	(I.R.S. 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	g Area Code)	
n/a (Former Name or Former Address, if Chang	ged Since Last Report)	
Check the appropriate box below if the Forther registrant under any of the following properties of the following p	-	
[_] 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 7.01. Regulation FD Disclosure.

On February 17, 2016, ARMOUR Residential REIT, Inc. ("ARMOUR") issued a press release announcing that it will provide an online, real-time webcast of its conference call with equity analysts covering ARMOUR's operating results for the fourth quarter ended December 31, 2015, on Friday, February 19, 2016, beginning at 9:00 a.m. (ET).

A copy of the press release is attached as Exhibit 99.1 to this report.

The information reported under this Item 7.01 of Form 8-K, including Exhibit 99.1, is being furnished and shall not be deemed "filed" for purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or otherwise subject to the liabilities under that section and shall not be deemed to be incorporated by reference into any filing of ARMOUR under the Securities Act of 1933, as amended, or the Exchange Act, except as shall be expressly set forth by specific reference in such filing.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

Exhibit No. Description

99.1 Press release dated February 17, 2016

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: February 17, 2016

ARMOUR RESIDENTIAL REIT, INC.

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

Exhibit Index

Exhibit No. Description

99.1 Press release dated February 17, 2016