## Edgar Filing: Montagner Marc - Form 4

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Form 4													
March 05, 20 FORM Check thi if no long subject to	4 UNITED	Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF									OMB APPROVAL OMB 3235-0287 Number: January 31 Expires: 2005 Estimated average		
Section 10 Form 4 or Form 5 obligation may conti <i>See</i> Instru 1(b).	Filed pur Section 17(a	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								burden hou response on	•		
(Print or Type R	lesponses)												
1. Name and Address of Reporting Person <u>*</u> Montagner Marc			2. Issuer Name <b>and</b> Ticker or Trading Symbol COGENT COMMUNICATIONS HOLDINGS, INC. [CCOI]					0	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) (First) (Middle) 2450 N ST NW, 4TH FLOOR			3. Date of Earliest Transaction (Month/Day/Year) 03/04/2019						X_ Director 10% Owner Officer (give title Other (specify below) below)				
				If Amendment, Date Original led(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
WASHING	FON, DC 20037								Form filed by Person	More than One R	eporting		
(City)	(State)	(Zip)	Table	e I - Nor	n-De	erivative S	Securi	ties Ac	quired, Disposed o	of, or Beneficia	lly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deem Execution any (Month/Da	Date, if	Code (Instr.	8)	4. Securit nAcquired Disposed (Instr. 3, Amount	(A) o of (D	)	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)		
common stock	03/04/2019(1)			G		1,000	D	\$0	45,750	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. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Secur (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

## **Reporting Owners**

<b>Reporting Owner Name / Addres</b>	55	Relationships							
	Director	10% Owner	Officer	Other					
Montagner Marc 2450 N ST NW 4TH FLOOR WASHINGTON, DC 20037	Х								
Signatures									
/s/ Marc Montagner 0	3/04/2019								
**Signature of	Date								

Reporting Person

## **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).

(1) On March 4, 2019 Mr. Montagner made a gift of 1,000 shares to a charity.

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.