Rice Michael Form 4 January 17, 2019

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

OMB APPROVAL

Number:

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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

See Instruction 1(b).

(Print or Type Responses)

| 1. Name and Address of Reporting Person * Rice Michael | | | 2. Issuer Name and Ticker or Trading Symbol BIOLIFE SOLUTIONS INC [BLFS] | | | | | .5 | 5. Relationship of Reporting Person(s) to Issuer | | | |
|--|------------------|----------|--|--------------------------------|-------|------------|----------------------|---|--|--------------|-----------------------|--|
| | | | | | | | [2 | 321 5] | (Check all applicable) | | | |
| (Last) | (First) | (Middle) | 3. Date of Earliest Transaction | | | | X Director 10% Owner | | | | | |
| C/O BIOLIFE SOLUTIONS, | | | (Month/Day/Year) 01/15/2019 | | | | | | X Director 10% OwnerX Officer (give title Other (specify | | | |
| | MONTE VILL | | 01/13/2 | 019 | | | | | below) below) | | | |
| PARKWAY | | | | | | | President & CEO | | | | | |
| | (Street) | | 4. If Ame | 4. If Amendment, Date Original | | | | 6. Individual or Joint/Group Filing(Check | | | | |
| | | | Filed(Mon | Filed(Month/Day/Year) | | | | | Applicable Line) | | | |
| | | | | | | | | | _X_ Form filed by (| 1 0 | | |
| BOTHELL, WA 98021 | | | | | | | | | Form filed by More than One Reporting Person | | | |
| (City) | (State) | (Zip) | Tabl | a T. Mas | . D | | C | 4: 4 | rimad Diamanad at | 6 D6: .: | l O d | |
| ` • | , , , | | | | ก-ม | | | - | uired, Disposed of | | | |
| 1.Title of | 2. Transaction D | | | 3. | ati a | 4. Securit | | | 5. Amount of Securities | 6. | 7. Nature of Indirect | |
| Security (Month/Day/Year) Execution (Instr. 3) any | | | n Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) | | | | | | Securities Ownership Indirect Beneficially Form: Direct Benefic | | | |
| (111541. 5) | | - | Day/Year) | | | | ·) | Owned | (D) or | Ownership | | |
| | | | | | | | | | Following | Indirect (I) | (Instr. 4) | |
| | | | | | | | (A) | | Reported | (Instr. 4) | | |
| | | | | | | | or | | Transaction(s) (Instr. 3 and 4) | | | |
| | | | | Code | V | Amount | (D) | Price | (Instr. 5 und 1) | | | |
| Common | 01/15/2019 | | | M | | 14,781 | A | \$ 1.26 | 154,298 | D | | |
| Stock | | | | | | | | | | | | |
| C | | | | | | | | \$ | | | | |
| Common Stock | 01/15/2019 | | | S(1) | | 14,781 | D | 12.14 | 139,517 | D | | |
| SIUCK | | | | | | | | (2) | | | | |

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

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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) | | | 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 |
| Employee Stock Option | \$ 1.26 | 01/15/2019 | | M | | 14,781 | (3) | 02/26/2019 | Common Stock | 14,781 |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | | | |
|-------------------------------------|---------------|-----------|-----------|-------|--|--|
| 1 | Director | 10% Owner | Officer | Other | | |
| Rice Michael | | | | | | |
| C/O BIOLIFE SOLUTIONS, INC. | X | | President | | | |
| 3303 MONTE VILLA PARKWAY, SUITE 310 | Λ | | & CEO | | | |
| BOTHELL, WA 98021 | | | | | | |

Signatures

/s/ Michael Rice
01/17/2019

**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) The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on November 12, 2018.
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$12.09 to \$12.19, inclusive. The reporting person undertakes to provide to the registrant, any security holder of the registrant, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range.
- Option vested as to 13,661 shares on February 27, 2010, and vested as to one thirty-sixth of the remaining balance of 40,981 shares on the 27th day of each of the ensuing 36 months.

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.

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