

HIGHWOODS PROPERTIES INC  
 Form 4  
 February 22, 2007

**FORM 4** UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
 Washington, D.C. 20549

OMB APPROVAL

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**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF 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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
**FRITSCH EDWARD J**

2. Issuer Name and Ticker or Trading Symbol  
**HIGHWOODS PROPERTIES INC [HIW]**

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)

Director  10% Owner  
 Officer (give title below)  Other (specify below)  
 President & CEO

C/O HIGHWOODS PROPERTIES, INC., 3100 SMOKETREE COURT, SUITE 600

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

RALEIGH, NC 27604

(City) (State) (Zip)

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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)
			Code	V	Amount or Price		
Common Stock	02/20/2007		M		600 A \$ 26.15	D	
Common Stock	02/20/2007		S		600 D \$ 45.1	D	
Common Stock	02/20/2007		M		700 A \$ 26.15	D	
Common Stock	02/20/2007		S		700 D \$ 45.09	D	
	02/20/2007		M		300 A	D	269,254

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Common Stock					\$ 26.15		
Common Stock	02/20/2007	S	300	D	\$ 45.08	268,954	D
Common Stock	02/20/2007	M	1,800	A	\$ 26.15	270,754	D
Common Stock	02/20/2007	S	1,800	D	\$ 45.07	268,954	D
Common Stock	02/20/2007	M	1,000	A	\$ 26.15	269,954	D
Common Stock	02/20/2007	S	1,000	D	\$ 45.06	268,954	D
Common Stock	02/20/2007	M	52,800	A	\$ 26.15	321,754	D
Common Stock	02/20/2007	S	52,800	D	\$ 45.05	268,954	D
Common Stock	02/20/2007	M	700	A	\$ 26.15	269,654	D
Common Stock	02/20/2007	S	700	D	\$ 45.04	268,954	D
Common Stock	02/20/2007	M	1,600	A	\$ 26.15	270,554	D
Common Stock	02/20/2007	S	1,600	D	\$ 45.03	268,954	D
Common Stock	02/20/2007	M	600	A	\$ 26.15	269,554	D
Common Stock	02/20/2007	S	600	D	\$ 45.01	268,954	D
Common Stock	02/20/2007	M	23,811	A	\$ 26.15	292,765	D
Common Stock	02/20/2007	S	23,811	D	\$ 45	268,954	D

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)

