

BioMed Realty Trust Inc
 Form 4
 January 17, 2014

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 *
 Griffin R Kent Jr

(Last) (First) (Middle)
 17190 BERNARDO CENTER
 DRIVE
 (Street)

SAN DIEGO, CA 92128

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
 BioMed Realty Trust Inc [BMR]

3. Date of Earliest Transaction
 (Month/Day/Year)
 01/15/2014

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

___ Director ___ 10% Owner
 ___X___ Officer (give title below) ___ Other (specify below)
 President and COO

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

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 Ownership (Instr. 4)
			Code	V	Amount	(D)	Price
Common Stock	01/15/2014		A		54,800	A	11 386,208
						D	

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

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SEC 1474 (9-02)

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. Transaction Code (Instr. 8)	5. Number of 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
Performance Units 2012	(2)							(2)	(2)	Common Stock	17,744
Performance Units 2013	(3)							(3)	(3)	Common Stock	51,380
Performance Units 2014	(4)	01/15/2014		A		54,800		(4)	(4)	Common Stock	54,800

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Griffin R Kent Jr 17190 BERNARDO CENTER DRIVE SAN DIEGO, CA 92128			President and COO	

Signatures

Jonathan P. Klassen,
Attorney-In-Fact

01/17/2014

Date

Signature of 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) Grant of Restricted Stock.

Each performance unit represents a contingent right to receive one share of the company's common stock. The performance units vest in January 2015 based on the company's total stockholder return performance relative to a selected peer group for the three years ended

(2) December 31, 2014. The performance units reported represent target performance. The maximum number of performance units which may be earned is 35,488 performance units, and the minimum number of performance units which may be earned is zero (0) performance units.

Each performance unit represents a contingent right to receive one share of the company's common stock. The performance units vest 1/2 each in January 2015 and January 2016 based on the company's total stockholder return performance relative to a selected peer group for the two years ended December 31, 2014 and three years ended December 31, 2015, respectively. The performance units reported represent target performance. The maximum number of performance units which may be earned is 102,760 performance units, and the minimum number of performance units which may be earned is zero (0) performance units.

(4) Each performance unit represents a contingent right to receive one share of the company's common stock. The performance units vest in January 2017 based on the company's total stockholder return performance relative to a selected peer group for the three years ended December 31, 2016. The performance units reported represent target performance. The maximum number of performance units which

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may be earned is 109,600 performance units, and the minimum number of performance units which may be earned is zero (0) performance units.

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.