Rice Michae Form 4 February 15. FORN Check th if no long subject to Section 1 Form 4 c Form 5 obligatio may com <i>See</i> Instr 1(b).	, 2019 A UNITED S dis box ger o STATEM 16. or Filed purs Section 17(a	W IENT OF CHA suant to Section	ashington NGES IN SECUF 16(a) of th Utility Hol	, D.C. 20 BENEF RITIES ne Securit ding Cor	549 ICIA ties E	LOW	e Act of 1934, 1935 or Section	OMB Number: Expires: Estimated a burden hou response	
1. Name and A Rice Micha	Symbol	2. Issuer Name and Ticker or Trading Symbol BIOLIFE SOLUTIONS INC [BLFS]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) C/O BIOLI INC., 3303 PARKWAY	(Month	3. Date of Earliest Transaction (Month/Day/Year) 02/13/2019				X Director 10% Owner X Officer (give title 0ther (specify below) President & CEO			
			4. If Amendment, Date Original Filed(Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 		
		(7:)					Person		
(City)			ble I - Non-I			_	uired, Disposed of		-
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Code) (Instr. 8)	4. Securi on(A) or D (Instr. 3,	ispose 4 and (A) or	d 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)	
Common Stock	02/13/2019		М	7,088	А	\$ 1.4	146,605	D	
Common Stock	02/13/2019		S <u>(1)</u>	7,088	D	\$ 16.03 (2)	139,517	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)

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. Transactic 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 Securities8(Instr. 3 and 4)5(Instr. 5 and 4)6	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option	\$ 1.4	02/13/2019		М	7,088	(3)	02/04/2020	Common Stock	7,088

Reporting Owners

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

Signatures

/s/ Michael Rice 02/15/2019

<u>**</u>Signature of Reporting Person Date

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.

(2) The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$15.94 to \$16.35, 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.

(3) Option vested equally over four years commencing on February 5, 2011.

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.