

Item 8.01. Other Events.

On October 3, 2016, ARMOUR Residential REIT, Inc. ("ARMOUR") confirmed that a cash dividend rate of \$0.22 per share will be payable to holders of ARMOUR common stock for the month of October 2016, as set forth below:

Holder of Record Date Payment Date

October 14, 2016 October 27, 2016

Additionally, ARMOUR confirmed on October 3, 2016 that monthly cash dividend rates of \$0.171875 and \$0.1640625 per share will be payable to holders of ARMOUR Series A Preferred Stock and Series B Preferred Stock, respectively, for each of the three months in the fourth quarter of 2016 as set forth below:

Holder of Record Date Payment Date

October 15, 2016 October 27, 2016
November 15, 2016 November 28, 2016
December 15, 2016 December 27, 2016

A copy of ARMOUR's press release confirming the common stock and preferred stock dividends is attached hereto as Exhibit 99.1 and incorporated herein by reference.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

Exhibit No.	Description
99.1	Press Release confirming the October 2016 common stock dividend, Series A Preferred Stock dividends and Series B Preferred Stock dividends, dated October 3, 2016

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: October 3, 2016

ARMOUR RESIDENTIAL
REIT, INC.

By: /s/ James R. Mountain
Name: James R. Mountain
Title: Chief Financial Officer

Exhibit Index

Exhibit No.	Description
99.1	Press Release confirming the October 2016 common stock dividend, Series A Preferred Stock dividends and Series B Preferred Stock dividends, dated October 3, 2016