Robinson Mark H Form 4 August 02, 2011

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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may continue.

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 * Robinson Mark H

2. Issuer Name and Ticker or Trading

Issuer

Symbol SAIA INC [SAIA]

(Last)

(First) (Middle) 3. Date of Earliest Transaction

(Month/Day/Year)

11465 JOHNS CREEK PARKWAY, 07/29/2011

Director 10% Owner X_ Officer (give title Other (specify

(Check all applicable)

5. Relationship of Reporting Person(s) to

below) below) Vice President of IT

SUITE 400 (Street)

4. If Amendment, Date Original

6. Individual or Joint/Group Filing(Check

Applicable Line)

Filed(Month/Day/Year) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person

JOHNS CREEK, GA 30097

(State) (Zip)

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

1.Title of Security (Instr. 3)

(City)

2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, if

(Month/Day/Year)

3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 3, 4 and 5) (Instr. 8)

5. Amount of Securities Beneficially Owned Following Reported

6. Ownership 7. Nature of Form: Direct Indirect (D) or Indirect (I) (Instr. 4)

Beneficial Ownership (Instr. 4)

(9-02)

(A) or

Transaction(s) (Instr. 3 and 4)

Common

Stock

Code V Amount (D) Price

> 9,291 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)

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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. Transactic Code (Instr. 8)	5. Number of iorDerivative 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
Stock Options (Right to Buy)	\$ 15.07	07/29/2011		A(4)	11,000		07/29/2014	07/28/2018	Common Stock	11,000
Stock Options (Right to Buy)	\$ 12.1						02/02/2013	02/01/2017	Common Stock	6,840
Phantom Stock	(2)						<u>(1)</u>	<u>(3)</u>	Common Stock	11,712.3
Stock Options (Right to Buy)	\$ 23						02/03/2008	02/02/2012	Common Stock	1,280
Stock Options (Right to Buy)	\$ 16.88						08/24/2008	08/24/2012	Common Stock	1,310
Stock Options (Right to Buy)	\$ 27.38						01/28/2009	01/27/2013	Common Stock	3,570
Stock Options (Right to Buy)	\$ 26.72						02/02/2010	02/01/2014	Common Stock	3,430
Stock Options (Right to Buy)	\$ 14.71						02/01/2011	01/31/2015	Common Stock	7,970
Stock Options (Right to Buy)	\$ 11.96						02/03/2012	02/02/2016	Common Stock	6,860
Stock Options	\$ 16.39						05/02/2014	05/01/2018	Common Stock	6,040

(Right to Buy)

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Robinson Mark H 11465 JOHNS CREEK PARKWAY, SUITE 400 JOHNS CREEK, GA 30097

Vice President of IT

Signatures

/s/ Stephanie R.
Maschmeier
08/02/2011

**Signature of Reporting 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) Immediate
- (2) The conversion rate of this derivative security on July 29, 2011 is 0.9119 resulting in 10,680.05 shares of common stock (underlying security in column 7).
- (3) The shares of phantom stock become payable, in stock, upon reporting person's termination of service as an employee, in accordance with the terms of the Plan.
- (4) Option award for additional reporting responsibility.

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