

HEARTLAND EXPRESS INC
 Form 4
 March 16, 2006

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

OMB APPROVAL

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

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(Print or Type Responses)

1. Name and Address of Reporting Person *
MEEHAN RICHARD L

2. Issuer Name and Ticker or Trading Symbol
HEARTLAND EXPRESS INC [HTLD]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)

 (Street)

 (City) (State) (Zip)

3. Date of Earliest Transaction (Month/Day/Year)
03/14/2006

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

Director 10% Owner
 Officer (give title below) Other (specify below)
EXECUTIVE VICE PRESIDENT

6. Individual or Joint/Group Filing(Check Applicable Line)
 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 or Price		
COMMON STOCK	03/14/2006	03/14/2006	S		700 D \$ 23.59		D
COMMON STOCK	03/14/2006	03/14/2006	S		100 D \$ 23.6		D
COMMON STOCK	03/14/2006	03/14/2006	S		100 D \$ 23.62		D
COMMON STOCK	03/14/2006	03/14/2006	S		900 D \$ 23.63		D
COMMON STOCK	03/14/2006	03/14/2006	S		300 D \$ 23.61		D

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COMMON STOCK	03/14/2006	03/14/2006	S	200	D	\$ 23.66	33,293	D	
COMMON STOCK	03/14/2006	03/14/2006	S	500	D	\$ 23.67	32,793	D	
COMMON STOCK	03/14/2006	03/14/2006	S	200	D	\$ 23.68	32,593	D	
COMMON STOCK							25,069	I	BY SPOUSE
COMMON STOCK							6,000 ⁽¹⁾	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. 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)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Owned Beneficially (Instr. 5)
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MEEHAN RICHARD L			EXECUTIVE VICE PRESIDENT	

Signatures

RICHARD L MEEHAN 03/14/2006

__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).

- ITEM 5. Amount of Securities Beneficially Owned Following Reported Transactions. The 6,000 shares of Heartland Express, Inc. Common stock were received as a grant of a restricted stock award. The 6,000 shares are subject to vesting, forfeiture, and transfer restrictions over a one year period beginning March 7, 2006. Mr. Meehan has voting power but does not have dispositive power until vesting requirements are satisfied. Vesting, forfeiture, and transfer restrictions will laspe on March 7, 2007.
- (1)

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.