FORM 4

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

OMB APPROV	/AL
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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 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person * Sandquist Mark			2. Issuer Name and Ticker or Trading Symbol COLUMBIA SPORTSWEAR CO [COLM]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner					
(Last) (First) (Middle) C/O COLUMBIA SPORTSWEAR COMPANY, 14375 NW SCIENCE PARK DRIVE				3. Date of Earliest Transaction (Month/Day/Year) 01/23/2009				X						
(Street) PORTLAND, OR 97229				4. If Amendment, Date Original Filed(Month/Day/Year)					_X_ For	6. Individual or Joint/Group Filing(Check Applicable Line) X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City) (State) (Zip)				Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned										
1.Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Yea		2A. Deemed 3. Transaction 4. Securities Acquired Execution Date, if Code (A) or Disposed of (D)			5. Amo Owned Transa (Instr. 2	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)			Ownership of Be Direct (D)	Nature Indirect eneficial wnership nstr. 4)				
Reminder: F	Report on a so	eparate line for each	Table II -	Derivativ	ve Securiti	es Aco	Persons w		uired to re id OMB co ially Owned	espond ontrol n	unless the		ed SEC 14	74 (9-02)
1. Title of Derivative Security (Instr. 3)	2. 3. Transaction Conversion Date or Exercise Price of Derivative Security 3. Transaction (Month/Day/Ye		3A. Deemed Execution Date, if	4. 5. Num Code Derive r) (Instr. 8) Securr Acqui (A) or Dispo (D) (Instr. 8)		imber 6. Date Exercisable and Expiration Date (Month/Day/Year) irreduced of 3, 4,		7. Title and Amount of Underlying Securities (Instr. 3 and 4)			9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Ownership Form of Derivative Security: Direct (D) or Indirect	Beneficial	
					(Instr. and 5)	3, 4,							(Instr. 4)	
				Code	(Instr. and 5) V (A)	3, 4, (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			(Instr. 4)	
Employee Stock Option (right to buy)	\$ 31.21	01/23/2009		Code	and 5)	(D)	Exercisable	Date	Title Common Stock	or Number of	(2)		(Instr. 4)	

Signatures

PORTLAND, OR 97229

Sandquist Mark

Peter J. Bragdon, Attorney-in-Fact	01/27/2009
-*Signature of Reporting Person	Date

Reporting Owner Name / Address

C/O COLUMBIA SPORTSWEAR COMPANY

14375 NW SCIENCE PARK DRIVE

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).

Director 10% Owner

- (1) The option grant vests over 4 years with 25% becoming exercisable on each anniversary of the grant date.
- (2) N/A
- (3) Each restricted stock unit represents a right to receive one share of COLM common stock.
- Restricted stock units vest over 4 years, 25% on the each anniversary of the grant date. Vested shares will be delivered to the reporting person on the designated vest dates. If a vesting date (4) falls on a weekend or any other day on which the Nasdaq Stock Market ("NSM") or any national securities exchange on which the Common Stock then is principally traded (the "Exchange") is not open, affected RSUs shall vest on the next following NSM or Exchange business day, as the case may be.

Relationships

VP/Apparel and Equipment

Officer

Other

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.