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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

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1. Name and Addres	s of Reporting Person	1*	2. Issuer Name and Ticker or Trading Symbol BIG 5 SPORTING GOODS CORP [BGFV]		tionship of Reporting Po all applicable) Director	erson(s) to Issuer 10% Owner
	(First) RTING GOODS C SEGUNDO BLVD		3. Date of Earliest Transaction (Month/Day/Year) 05/13/2010	X	Officer (give title below) Executive	Other (specify below) e VP
(Street) EL SEGUNDO CA 90245 (City) (State) (Zip)			4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv Line) X	ridual or Joint/Group Fili Form filed by One Re Form filed by More th Person	eporting 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. Transa Code (8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1150.4)
Common Stock, par value \$.01	05/13/2010		М		2,250	A	\$8.95	143,176	D	
Common Stock, par value \$.01	05/13/2010		S		2,250	D	\$16	140,926	D	
Common Stock, par value \$.01	05/13/2010		М		4,500	A	\$4.82	145,426	D	
Common Stock, par value \$.01	05/13/2010		S		4,500	D	\$16	140,926	D	

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. Transa Code (8)		n of l		6. Date Exerc Expiration Da (Month/Day/)	ate	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (right to buy)	\$8.95	05/13/2010		М			2,250	(1)	03/03/2018	Common Stock, par value \$.01	2,250	\$0	4,500	D	
Employee Stock Option (right to buy)	\$4.82	05/13/2010		М			4,500	(2)	03/02/2019	Common Stock, par value \$.01	4,500	\$0	13,500	D	

Explanation of Responses:

1. This option vests in four equal annual installments with the first vestings having occurred on March 3, 2009 and March 3, 2010. The subsequent vesting dates are March 3, 2011 and March 3, 2012. The exercise of this option with respect to 2,250 shares is being reported herein.

2. This option vests in four equal annual installments with the first vesting having occurred on March 2, 2010. The subsequent vesting dates are March 2, 2011, March 2, 2012 and March 2, 2013. The exercise of this option with respect to 4,500 shares is being reported herein.

Remarks:

GARY S. MEADE, ATTORNEY-IN-FACT

05/14/2010

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.