

(772) 617-4340

(Registrant's Telephone Number, Including Area Code)

n/a

(Former Name or Former Address, if Changed Since Last Report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17CFR 240.14a-12)

Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01.

Regulation FD Disclosure.

Commencing on September 14, 2010, ARMOUR Residential REIT, Inc. (ARMOUR) will be making presentations to certain investors. Attached as Exhibit 99.1 to this report is the form of investor presentation to be used by ARMOUR in its presentations.

The investor presentation attached to this report as Exhibit 99.1 is furnished pursuant to this Item 7.01 and shall not be deemed filed in this or any other filing of ARMOUR under the Securities Exchange Act of 1934, as amended, unless expressly incorporated by specific reference in any such filing.

Item 8.01.

Other Events.

On September 14, 2010, ARMOUR announced the declaration of a quarterly dividend of \$0.36 per common share for the third fiscal quarter of 2010. The dividend will be paid on October 29, 2010 to stockholders of record on September 23, 2010, with an ex-dividend date of September 21, 2010. The Company also announced that dividends will be paid on a monthly basis commencing in January 2011.

A copy of ARMOUR's press release announcing the dividend is attached hereto as Exhibit 99.2 and incorporated herein by this reference.

Item 9.01.

Financial Statements and Exhibits.

(c) Exhibits

Exhibit

No. Description

99.1 Investor Presentation, dated September 14, 2010

99.2 Press Release, dated September 14, 2010

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: September 14, 2010

ARMOUR RESIDENTIAL REIT, INC.

By: /s/ Jeffrey J. Zimmer

Name: Jeffrey J. Zimmer

Title: Co-Chief Executive Officer, President and Co-Vice Chairman

Exhibit Index

Exhibit No.	Description
99.1	Investor Presentation, dated September 14, 2010
99.2	Press Release, dated September 14, 2010