FORM 4

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

OMB APPROVAL
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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

(Print or Ty	pe Response	s)		1												
Name and Address of Reporting Person [*] Lampert Darren					2. Issuer Name and Ticker or Trading Symbol GrowGeneration Corp. [GRWG]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X_Director 10% Owner				
(Last) (First) (Middle) 24 ORCHARD DRIVE				3. Date of Earliest Transaction (Month/Day/Year) 01/29/2020						X Officer (give title below) Other (specify below) CEO						
(Street) ARMONK, NY 10504			4. If A	4. If Amendment, Date Original Filed(Month/Day/Year)						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 Acqu					ired, Disposed of, or Beneficially Owned						
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)		tion Date, if	if 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)		Ownership o Form:	Beneficial				
				(Mont	onth/Day/Year)		ode	V	Amount	(A) or (D)	Price	(Instr. 3 a	ina 4)		Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
Common	Stock		01/29/2020			S	S		52,500 (1)	D	\$ 4.8829	1,190,2	32		D	
Common	Stock		01/30/2020			S	S		30,718 (1)	D	\$ 4.9689	1,159,5	14		D	
Reminder:	Report on a s	separate line i	or each class of secu Table II -	Deriva	ntive Securi	ties Ac	equir	Person the	sons wh tained in form dis	o responding this is splays	form are a curre Seneficial	not requesting ntly valid		ormation spond unle trol numbe	ss	1474 (9-02)
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day)	Execution D	ate, if	4. Transaction Code	5. Numl of Deriv Secur Acqu (A) o Dispo	ber vative rities ired r osed	tions, convertible securions. 6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Ti Amo Und Secu	itle and ount of erlying urities r. 3 and	f Derivative Security (Instr. 5) and Security (Instr. 5) Ben Own Foll Rep Tran (Instr. 5)		Ownership Form of Derivative Security: Direct (D)	Beneficia Ownershi (Instr. 4) D) ect	
				-		(Instr 4, and					tion Title	Amount or Number				

Reporting Owners

B 41 0 V 4	Relationships				
Reporting Owner Name / Address	Director	10% Owner	Officer	Other	
Lampert Darren 24 ORCHARD DRIVE ARMONK, NY 10504	X		CEO		

Signatures

/s/ Darren Lampert	01/30/2020			
**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).
- (1) All sales were made pursuant to a Rule 10b5 trading plan.

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.