SEC Form 4	
------------	--

Instruction 1(b).

 \square

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

OMB Number:	3235-0287								
Estimated average burden									
hours per response:	0.5								

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

1. Name and Address of Reporting Person* Randall Cavitt				2. Issuer Name and Ticker or Trading Symbol Arena Group Holdings, Inc. [AREN]								5. Relationship of Reporting Person(s) to Iss (Check all applicable) X Director 10% Ow				
(Last)	(Last) (First) (Middle)					3. Date of Earliest Transaction (Month/Day/Year) 05/31/2024							Offic	Officer (give title below)		er (specify w)
200 VESEY ST. 24TH FLOOR				4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line)				
(Street) NEW YORK NY 10281												X Forn	n filed by On	e Reporting F	erson	
													Form filed by More than One Reporting Person			
(City)	(City) (State) (Zip) Rule 10b5-1(c) Transaction Indication															
Check this box to indicate that a transaction was made pursuant to a contrastisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction																
		Table	l - No	on-Deriva	tive S	Secu	rities Acc	luired	, Dis	posed of	, or Be	nefici	ally Owr	ed		
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day)					Execution E		ition Date,	Transaction Disposed (Code (Instr. 5)		ies Acquired (A) Of (D) (Instr. 3, 4		d Secur Benef Owne	icially d Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership	
							Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)			(Instr. 4)	
Common Stock 05/31/20				024			A		58,548	A	\$0.89	37 1	14,931	D		
	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)	vative Conversion Date Execution Date, urity or Exercise (Month/Day/Year) if any		4. Transa Code (8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D)	Expiration Date (Month/Day/Year)		7. Title a Amount Securitie Underly Derivation Security 3 and 4)	of es ing ve (Instr.	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficiall Owned Following Reported Transactio	y Direct (or Indir (I) (Instr	Beneficia O) Ownersh ect (Instr. 4)			

 Explanation of Responses:
 Disposed of (D) (Instr. 3, 4 and 5)
 Disposed of (D) (Instr. 3, 4 and 5)
 3 and 4)
 Reported Transaction(s) (Instr. 4)
 Reported Transaction(s) (Instr. 4)

/s/ Cavitt Randall

06/03/2024 Date

** Signature of Reporting Person

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.