Hink Kirsten A Form 4 March 05, 2019

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5

on 16.

14 or

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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, rations

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person * Hink Kirsten A			2. Issuer Name and Ticker or Trading Symbol Sanchez Energy Corp [SNEC]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check all applicable)		
1000 MAIN S	ΓREET, SU	ЛТЕ 3000	(Month/Day/Year) 03/01/2019	Director 10% Owner Officer (give title Other (specify below) SVP and CAO		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
HOUSTON, T	X 77002		Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	Zip) Table	e I - Non-D	erivative S	Securi	ities Acq	quired, Disposed o	of, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		3. Transaction Code (Instr. 8)	4. Securion(A) or D (D) (Instr. 3,	ispose	d of	Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common			Code V	Amount		Price	(Instr. 3 and 4)		
Stock	03/01/2019		M	5,000	A	<u>(1)</u>	142,977	D	
Common Stock	03/01/2019		D	5,000	D	\$ 0.26	137,977	D	
Common Stock	03/01/2019		F	1,483	D	\$ 0.26	136,494	D	

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

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number.

5. Number 6. Date Exercisable and Expiration 7. Title and Amount

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	(Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transacti Code (Instr. 8)	Securities Acquired (A) or Disposed of	Date (Month/Day/Year	r)	Underlying S (Instr. 3 and	
					(D) (Instr. 3, 4, and 5)				
					(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of
Phantom Stock	<u>(1)</u>	03/01/2019		Code V M	(A) (D) 5,000	03/01/2019(2)	03/01/2019(2)	Common Stock	5,00

Reporting Owners

Reporting Owner Name / Address	Relationships
reporting owner runner runaress	

3. Transaction Date 3A. Deemed

Director 10% Owner Officer Other

Hink Kirsten A

1. Title of 2.

1000 MAIN STREET, SUITE 3000 SVP and CAO

HOUSTON, TX 77002

Signatures

/s/ Kirsten A. 03/05/2019

**Signature of Date
Reporting Person

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) Each share of phantom stock is the economic equivalent of one share of the Issuer's common stock, par value \$0.01 per share. The Reporting Person settled her shares of phantom stock for cash.
- (2) Phantom stock is payable only in cash, which vests in equal annual increments over a three-year period.

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.

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