

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

OMB APPROVAL	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person* Foutch Randy A (Last) (First) (Middle) 15 W. SIXTH STREET, SUITE 900 (Street) TULSA OK 74119 (City) (State) (Zip)			2. Issuer Name and Ticker or Trading Symbol Laredo Petroleum, Inc. [LPI]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner Officer (give title below) <input checked="" type="checkbox"/> Other (specify below) Non-Executive Chairman		
			3. Date of Earliest Transaction (Month/Day/Year) 10/01/2019					
			4. If Amendment, Date of Original Filed (Month/Day/Year)			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting 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. Transaction 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) (Instr. 3 and 4)	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			
Common Stock	10/01/2019		J		608,730 ⁽¹⁾	D	\$0	907,102	D	
Common Stock								451,340	I	By Lariat Ranch LLC ⁽²⁾
Common Stock								90,037	I	By Foutch Family Trust A ⁽²⁾
Common Stock								90,037	I	By Foutch Family Trust B ⁽²⁾
Common Stock								90,037	I	By Foutch Family Trust C ⁽²⁾
Common Stock								90,037	I	By Foutch Family Trust D ⁽²⁾
Common Stock								500	I	By Daughter ⁽²⁾
Common Stock								46,838	I	Jeanine Marie Foutch Revocable Trust ⁽²⁾

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)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		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				
Performance Units	(3)	10/01/2019		J		348,493		02/28/2022	(3)	Common Stock	348,493	\$0	0	D	
Performance Units	(3)	10/01/2019		J		348,213		02/16/2021	(3)	Common Stock	348,213	\$0	0	D	
Performance Units	(3)	10/01/2019		J		158,434		02/17/2020	(3)	Common Stock	158,434	\$0	0	D	
Stock Option (Right to buy)	\$14.12							02/17/2018	12/30/2019 ⁽⁴⁾	Common Stock	59,913		59,913	D	
Stock Option (Right to buy)	\$14.12							(5)	10/01/2019 ⁽⁵⁾	Common Stock	59,913		0	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)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		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				
Stock Option (Right to buy)	\$4.1							02/19/2017	12/30/2019 ⁽⁴⁾	Common Stock	232,583		232,583	D	
Stock Option (Right to buy)	\$4.1							(5)	10/01/2019 ⁽⁵⁾	Common Stock	77,528		0	D	
Stock Option (Right to buy)	\$11.93							02/27/2016	12/30/2019 ⁽⁴⁾	Common Stock	167,904		167,904	D	
Stock Option (Right to buy)	\$25.6							02/27/2015	12/30/2019 ⁽⁴⁾	Common Stock	96,040		96,040	D	
Stock Option (Right to buy)	\$17.34							02/15/2014	12/30/2019 ⁽⁴⁾	Common Stock	128,709		128,709	D	
Stock Option (Right to buy)	\$24.11							02/03/2013	12/30/2019 ⁽⁴⁾	Common Stock	62,868		62,868	D	

Explanation of Responses:

- These restricted shares are forfeited under the Issuer's Omnibus Equity Incentive Plan upon Mr. Fouch's transition from Chief Executive Officer. Mr. Fouch will remain as a Non-Executive Chairman of the Laredo Petroleum, Inc. Board of Directors until the annual meeting of stockholders in May of 2020.
- By reason of the provisions of Rule 16a-1 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), Mr. Fouch may be deemed to be a beneficial owner of the 406,986 shares of common stock of the Issuer held by the Fouch Family Trusts and the Jeanine Marie Fouch Revocable Trust, the 500 shares of common stock of the Issuer held by his daughter and the 451,340 shares of common stock held by Lariat Ranch LLC. Pursuant to Rule 16a-1(a)(4) of the Exchange Act, Mr. Fouch herein states that this Form 4 shall not be deemed an admission that he is the beneficial owner of such shares of common stock. Mr. Fouch disclaims beneficial ownership of the common stock of the Issuer, except to the extent that he has a pecuniary interest in such shares of common stock.
- These performance share units are forfeited under the Issuer's Omnibus Equity Incentive Plan upon Mr. Fouch's transition from Chief Executive Officer.
- This stock option was granted under the Issuer's Omnibus Equity Incentive Plan and represents the vested tranches of the grant. Pursuant to the Issuer's Omnibus Equity Incentive Plan, upon Mr. Fouch's transition from Chief Executive Officer, the expiration date for this stock option changed to December 30, 2019.
- This stock option was granted under the Issuer's Omnibus Equity Incentive Plan and represents the unvested tranches of the grant. The unvested portion of the stock option is forfeited under the Issuer's Omnibus Equity Incentive Plan upon Mr. Fouch's transition from Chief Executive Officer.

Remarks:

/s/ Mark Denny, as attorney-in-
fact for Randy A. Fouch 10/02/2019

** 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.

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