UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT PURSUANT TO SECTION 13 OR 15(d) OF THE

SECURITIES EXCHANGE ACT OF 1934

Date of report (Date of earliest event reported): September 7, 2022

LAREDO PETROLEUM, INC.

(Exact name of registrant as specified in charter) 001-35380 (Commission File Number)

Delaware

(State or other jurisdiction of incorporation or organization)

Tulsa

Suite 900

74119 (Zip code)

45-3007926 (I.R.S. Employer Identification No.)

(Address of principal executive offices)

Registrant's telephone number, including area code: (918) 513-4570

Oklahoma

Not Applicable

(Former name or former address, if changed since last report)

Securities registered pursuant to Section 12(b) of the Exchange Act: h class Trading Symbol Name of each exch

Title of each class Common stock, \$0.01 par value Name of each exchange on which registered New York Stock Exchange

Common stock, \$0.01 par value LPI New York Stock Exchange 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:

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

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

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

Emerging Growth Company

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. \Box

Item 7.01. Regulation FD Disclosure.

On September 7, 2022, Laredo Petroleum, Inc. (the "Company") posted to its website an investor presentation (the "Presentation"). The Presentation is available on the Company's website, www.laredopetro.com, and is attached hereto as Exhibit 99.1 and incorporated into this Item 7.01 by reference

All statements in the Presentation, other than historical financial information, may be deemed to be forward-looking statements within the meaning of Section 27A of the Securities Act of 1933, as amended (the "Securities Act"), and Section 21E of the Securities Exchange Act of 1934, as amended (the "Exchange Act"). Although the Company believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance, and actual results or developments may differ materially from those in the forward-looking statements. See the Company's Annual Report on Form 10-K for the year ended December 31, 2021 and the Company's other filings with the SEC for a discussion of other risks and uncertainties. The Company disclaims any intention or obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise.

In accordance with General Instruction B.2 of Form 8-K, the information furnished under this Item 7.01 of this Current Report on Form 8-K and the exhibits attached hereto are deemed to be "furnished" and shall not be deemed "filed" for the purpose of Section 18 of the Exchange Act, or otherwise subject to the liabilities of that section, nor shall such information be deemed incorporated by reference into any filing under the Securities Act or the Exchange Act.

Description

Item 9.01. Financial Statements and Exhibits

(d) Exhibits.

Exhibit Number

99.1 104

or Presentation dated Sep nber 7, 2022 Cover Page Interactive Data File (formatted as Inline XBRL).

In

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.

LAREDO PETROLEUM, INC.

Date: September 7, 2022

By: /s/ Bryan J. Lemmerman Bryan J. Lemmerman Senior Vice President and Chief Financial Officer



Forward-Looking / Cautionary Statements

This presentation, including any oral statements made regarding the contents of this presentation, contains forward-looking statements as defined under Section 27A of the Securities Act of 1933, as amended, and Section 21E of the Securities Exchange Act of 1934, as amended. All statements, other than statements of historical facts, that address activities hat Laredo Petroleum, Inc. (together with its subsidiaries, the "Company", "Laredo" or "LP") assumes, plans, expects, believes, intends, projects, indicates, enables, transforms, estimates or anticipates (and other similar expressions) will, should or may occur in the future are forward-looking statements. The forward-looking statements. The forward-looking statements. Ine Securities Exchange Act of 1934, as amended. All statements, other than statements of instorical racts, that address activities that Lareoo Perroleum, inc. (togener with its subsidiaries, the Company, 'Lareoo or LP1') assumes, plans, expects, believes, intends, projects, indicates, enables, transforms, estimates or anticipates (and other similar expressions) will, should or may occur in the future are forward-looking statements. The forward-looking statements are based on management's current belief, based on currently available information, as to the outcome and timing of future events. Such statements are not guarantees of future performance and involve risks,

looking statements are based on management's current belief, based on currently available information, as to the outcome and timing of future events. Such statements are not guarantees of future performance and involve risks, assumptions and uncertainties. General risks relating to Laredo include, but are not limited to, the decline in prices of oil, natural gas liquids and natural gas and the related impact to financial statements as a result of asset impairments and revisions to reserve estimates, the ability of the Company to execute its strategies, including its ability to successfully identify and consummate strategic acquisitions at purchase prices that are accretive to its financial results and to successfully integrate acquired businesses, assets and properties, oil producing quots or other actions that might be imposed by the Organization of Petroleum (Exporting Counties and other producing counties or other actions that might be imposed by the Organization of Petroleum (Exporting Counties and other producing counties or other actions that night be imposed by the Organization of Petroleum (Exporting Counties and other Counties) to be outbreak of disease, such as the coronavirus (COVDI-19) pandemic, and any related government policies and actions, changes in domestic and global production, supply costs, including as a result of Infalonary pressures, fariffs on steet, ippeline transportation and storage constraints in the Permian Basin, the possibility of production curlament, hedging activities, the impacts of severe weather, including the freezing of wells and pipelines in the Permian Basin, the possibility of production curlament, hedging activities, the impact of nev environmental, health and safety requirements applicable to the Company's business activities, the possibility of the elimination of federal income tax deductions for oil and gas exploration and development and other factors, including those described in its Annual Report on Form 10-K for the year ended December 31, 2021, and those

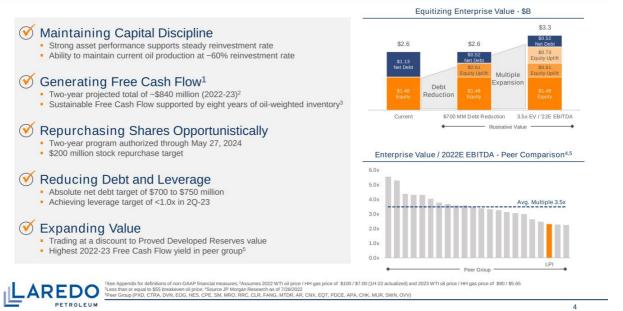
Artively System at www.sectory. Any of these factors ould cause Laredo's actual results and plans to differ materially from those in the forward-looking statements. Therefore, Laredo can give no assurance that its future results in Anyaige of the date on which such statement is made. Laredo does not intend to, and disclaims any obligation to, correct, update or revise any forward-looking statement speaks only as of the date on which such statement is made. Laredo does not intend to, and disclaims any obligation to, correct, update or revise any forward-looking statement, whether as a result of new information, future events or otherwise, except as required by applicable law. The SE Generally permits oil and nature gas companies, in filings made with the SEC, to disclose proved reserves, which are reserve estimates that geological and engineering data demonstrate with reasonable certainy to be revorred in future years from known reservoirs under existing economic and operating conditions, and certain probable and possible reserves. Har met the SEC is definitions for such terms. Thesource play, "stimated utimate recovery, inclusion strates of unbooked by divercabno quantities that may be potentially discovered through experiatory of lings with the SEC definitions of resource play in their destinated quantities of hydrocarbons than thang be added to proved reserves, largely from a specified resource play potentially supporting recovered by the Company to refer to the company is and evelopment risk. "EURs" are based on the Company's previous operating in such as a result divide weight on the operations of produces who are conducing operations in three areas. Unbooked thereis, Factore by the available information relating experience in a given area and publicly available information relating reserves which are reserves within the meaning of the Society of Petroleum finate reserves withing material and "EURs" from reserves and/or trick vertice as decord potential' supporting interestes and divero any reture tervers a



Multi-Year Strategic Transformation Yields a "New" Laredo

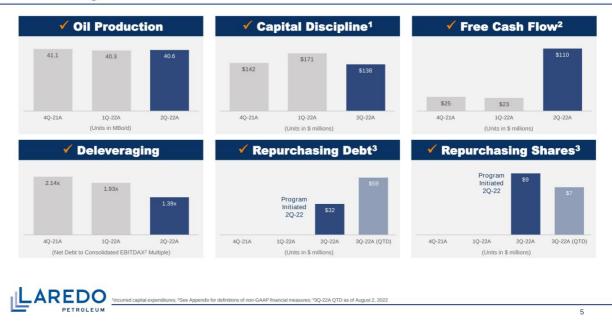


"New" Laredo Focused on Driving Shareholder Value

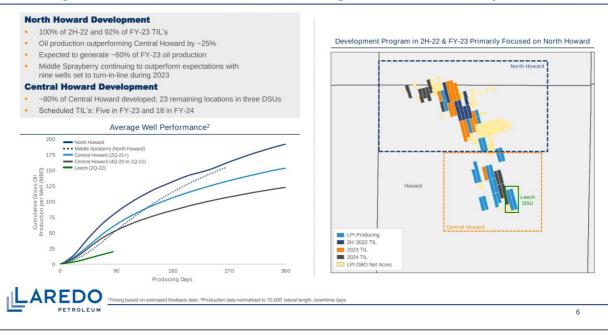




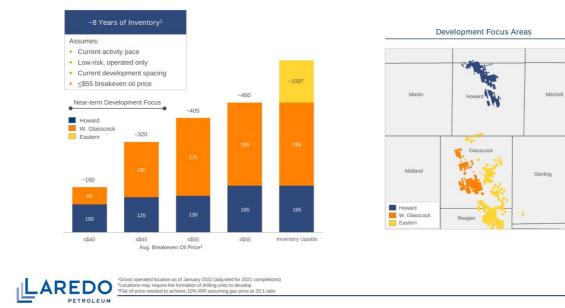
Executing the Plan



Strong Performance in North Howard Driving 2H-22 and FY-23 Expectations

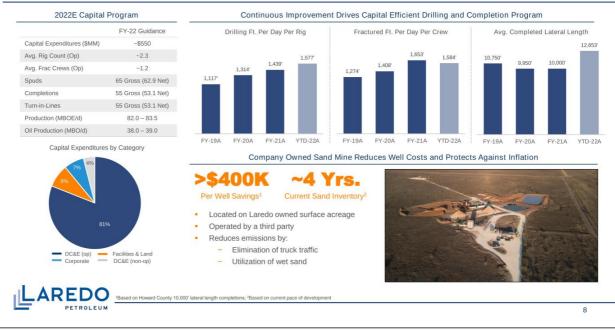


Low Breakeven Oil Inventory Underpins Sustainable Free Cash Flow Generation

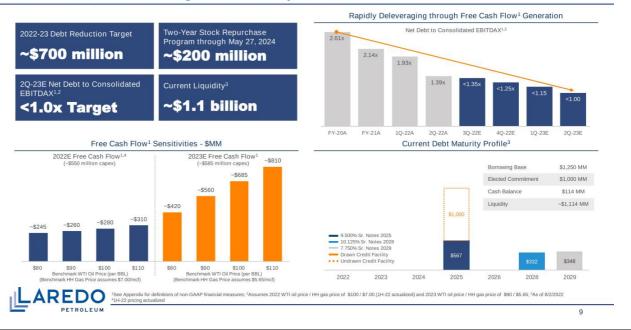


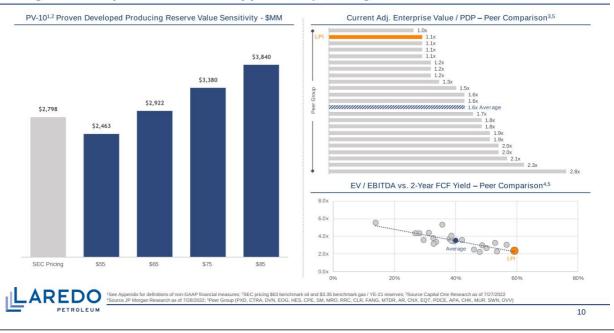


Disciplined, Efficient Capital Program Maintains Prior Year Activity Levels



Free Cash Flow Driving Return of Capital and Debt Reductions





Significant Upside Potential Supported by Strong Reserves and Cash Flow





Appendix

2H-22 & FY-22 GUIDANCE

Guidance					
	3Q-22	4Q-22	FY-22		
Production:	-	-			
Total Production (MBOE/D)	78.5 - 81.5	77.5 - 80.5	82.0 - 83.		
Crude Oil Production (MBO/d)	35.5 - 37.5	35.5 - 37.5	38.0 - 39.		
Incurred Capital Expenditures (\$MM):	~\$120	~\$120	-\$550		
Average Sales Price Realizations (excluding derivatives):					
Crude Oil (% of WTI)	103%				
Natural Gas Liquids (% of WTI)	3196				
Natural Gas (% of Henry Hub)	72%				
Net Settlements Received (Paid) for Matured Commodity Derivatives (\$MM):	2		-		
Crude Oil (\$MM)	(\$100)	2			
Natural Gas Liquids (\$MM)	(\$12)	-	-		
Natural Gas (\$MM)	(\$30)				
Operating Costs & Expenses (\$/BOE):	2		10		
Lease Operating Expenses	\$5.70				
Production & Ad Valorem Taxes (% of Oil, NGL & Natural Gas Revenues)	7.0%				
Transportation and Marketing Expenses	\$1.75	-	-		
General and Administrative Expenses (excluding LTIP)	\$1.80				
General and Administrative Expenses (LTIP Cash)	\$0.40		-		
General and Administrative Expenses (LTIP Non-Cash)	\$0.30				
Depletion, Depreciation and Amortization	\$10.25		-		

	Jul-22	Aug-22	Sep-22	3Q-22 Avg
Crude Oil:	-	-	-	-
WTI NYMEX (\$/BBO)	\$99.39	\$98.05	\$96.20	\$97.90
Brent ICE (\$/BBO)	\$104.84	\$103.86	\$101.36	\$103.38
Natural Gas:			170	
Henry Hub (\$/MMBTU)	\$6.55	\$8.69	\$8.23	\$7.82
Waha (\$/MMBTU)	\$5.62	\$7.92	\$7.34	\$6.96
Natural Gas Liquids:				
C2 (\$/BBL)	\$24.15	\$24.99	\$24.57	\$24.57
C3 (\$/BBL)	\$48.09	\$48.56	\$48.35	\$48.34
IC4 (\$/BBL)	\$64.43	\$57.80	\$57.44	\$59.92
NC4 (\$/BBL)	\$53.89	\$54.39	\$54.50	\$54.25
C5+ (\$/BBL)	\$79.10	\$77.81	\$77.86	\$78.26
Composite (\$/BBL)1	\$42.57	\$42.80	\$42.56	\$42.64

LAREDO PETROLEUM ¹Current NGL composition C2 (42%), C3 (33%), IC4 (3%), NC4 (11%) and C5+ (11%)

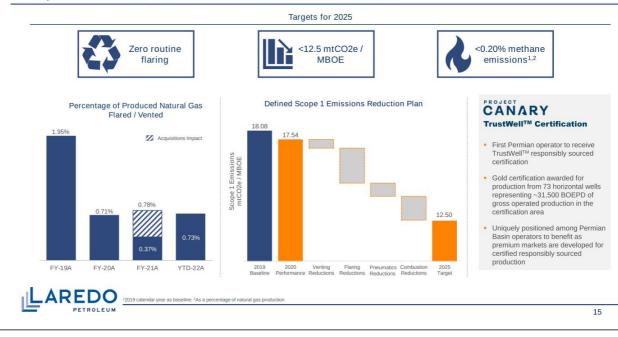
13

Active Hedge Program to Protect Free Cash Flow

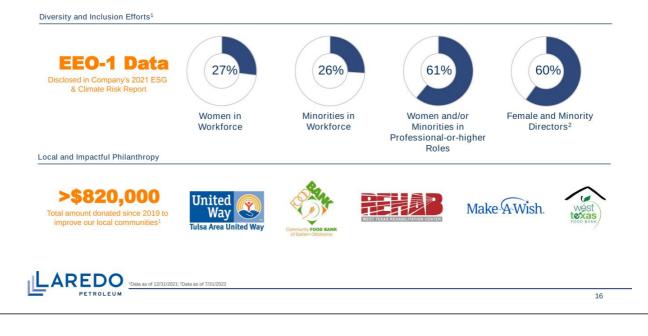
	me in MBO; Price in \$/BBO)	Q3-22	Q4-22	2H-22	Q1-23	Q2-23	Q3-23	Q4-23	FY-23
	Swaps	1,040	1,040	2,079		-	-	-	-
	0 Price	\$48.34	\$48.34	\$48.34			×		-
Brent	Collars	391	391	782		2		2	
	Ploor Price	\$56.65	\$56.65	\$56.65	18	8	-	-	-
WTU	D Ceiling Price	\$65.44	\$65.44	\$65.44		-	-		-
WTI S		92	92	184		~		× .	-
	0 Price	\$64.40	\$64.40	\$64.40		-		-	-
WTIC		1,408	1,408	2,815	1,620	1,638	552	552	4,362
	D Floor Price	\$72.65	\$72.65	\$72.65	\$67.22	\$67.22	\$70.00	\$70.00	\$67.93
	D Ceiling Price	\$86.54	\$86.54	\$86.54	\$81.50	\$81.50	\$87.02	\$87.02	\$82.89
	Swaps/Collars	2,930	2,930	5,860	1,620	1,638	552	552	4,362
WTI	D Floor Price	\$61.63	\$61.63	\$61.63	\$67.22	\$67.22	\$70.00	\$70.00	\$67.93
Otolu	me in MBBL: Price in \$/BBL)	03-22	Q4-22	2H-22	01-23	Q2-23	O3-23	Q4-23	FY-23
	e Swaps	386	386	773		-	-	-	-
) Price	\$11.42	\$11.42	\$11.42					
	ne Swaps	294	294	589		-	-	-	-
) Price	\$35.91	\$35.91	\$35.91		~		-	2
Butan	e Swaps	92	92	184		~		-	-
WT) Price	\$41.58	\$41.58	\$41.58			-		
Isobu	ane Swaps	28	28	55			-		-
WT	0 Price	\$42.00	\$42.00	\$42.00					-
Penta	ne Swaps	92	92	184				-	-
WT) Price	\$60.65	\$60.65	\$60.65					
	me in MMBTU: Price in \$/MMBTU)	03-22	O4-22	2H-22		O2-23	O3-23	O4-23	FY-23
	Hub Swaps	920,000	920,000		Q1-23	Q2-23	Q3-23		FY-23
	Price	\$2,73	\$2.73	1,840,000 \$2,73	8	4		2	<u>_</u>
	Price		7.360.000	14.720.000	6.300.000	6.370.000	6.440.000	6,440,000	25,550,000
	Hub Collara				0,300,000	0,370,000	6,440,000	0,440,000	
Henry	Hub Collars	7,360,000		ea.00	64.54	0454	10 4 5 4	PA 14	
Henry) Floor Price	\$3.09	\$3.09	\$3.09	\$4.14	\$4.14	\$4.14	\$4.14	\$4.14
Henry WTI WTI	D Floor Price D Ceiling Price	\$3.09 \$3.84	\$3.09 \$3.84	\$3.84	\$8.43	\$8.43	\$8.43	\$8.43	\$8.43
Henry WTI WTI Total	D Floor Price D Ceiling Price Henry Hub Swaps/Collars	\$3.09 \$3.84 8,280,000	\$3.09 \$3.84 8,280,000	\$3.84 16,560,000	\$8.43 6,300,000	\$8.43 6,370,000	\$8.43 6,440,000	\$8.43 6,440,000	\$8.43 25,550,000
Henry WTI WTI Total WTI	D Floor Price D Ceiling Price	\$3.09 \$3.84	\$3.09 \$3.84	\$3.84	\$8.43	\$8.43	\$8.43	\$8.43	\$8.43

14

Systematic Plan to Achieve Emissions Reductions



Corporate and Community Responsibility



Consolidated EBITDAX (Credit Agreement Calculation Unaudited)

Consolidated EBITDAX is a non-GAAP financial measure defined in the Company's Senior Secured Credit Facility as net income or loss (GAAP) plus adjustments for extraordinary gains (or losses), non-cash recurring gains (or losses), depletion, depreciation and amortization expense, interest expense, any provisions for (or benefit from) income or franchise taxes, exploration expenses and other non-cash charges. Consolidated EBITDAX is used by the Company's management for various purposes, including as a measure of operating performance and compliance under the Company's Senior Secured Credit Facility, Additional information on the calculation of Consolidate EBITDAX can be found in the Company's Eighth Amendment to the Senior Secured Credit Facility, Additional information on the calculation of Consolidate EBITDAX can be found in the Second and the Second Additional information on the calculation of Consolidate EBITDAX can be found in the Second and the Second Additional information on the calculation of Consolidate EBITDAX can be found in the Second and the Second Additional information on the calculation of Consolidate EBITDAX can be found in the Second and the Second Additional information on the calculation of Consolidate EBITDAX can be found in the Second Additional information on the calculation of Consolidate EBITDAX can be found in the Second Additional information on the calculation of Consolidate EBITDAX can be found in the Second Additional information on the calculation of Consolidate EBITDAX can be found in the Second Additional information on the calculation additional information on the calculation of Consolidate EBITDAX can be found in the Second Additional information on the calculation of Consolidate EBITDAX can be found in the Second Additional information on the calculation additional information additional information additional information additional information addition

The following table presents a reconciliation of net income (loss) (GAAP) to Consolidated EBITDAX (non-GAAP) for the periods presented:

	Three months ended,					
(in thousands, unaudited)	6/30/2022	3/31/2022	12/31/2021	9/30/2023		
Net Income (loss)	\$262,546	(\$86,781)	\$216,276	\$136,832		
Plus:						
Share-settled equity-based compensation, net	2,604	2,053	2,066	1,811		
Depletion, depreciation and amortization	78,135	73,492	74,592	62,678		
Mark-to-market on derivatives:						
(Gain) loss on derivatives, net	65,927	325,816	(15,372)	96,240		
Settlements paid for matured derivatives, net	(172,454)	(125,370)	(129,361)	(92,726)		
Accretion expense	973	1,019	1,026	906		
(Gain) loss on sale of oil and natural gas properties, net	-	(1 7)		(95,223)		
(Gain) loss on disposal of assets, net	(38)	260	8,903	22		
Interest expense	32,807	32,477	31,163	30,406		
Loss on extinguished of debt, net	798	-	-	-		
Income tax (benefit) expense	7,092	(877)	3,052	2,677		
Consolidated EBITDAX (non-GAAP)	\$278,390	\$222,089	\$192,345	\$143,623		

Supplemental Non-GAAP Financial Measures

PV-10 (Unaudited)

PV-10 (Unaudited) PV-10 is a non-GAAP financial measure that is derived from the standardized measure of discounted future net cash flows, which is the most directly comparable GAAP financial measure. PV-10 is a computation of the standardized measure of discounted future net cash flows on a pre-tax basis. PV-10 is equal to the standardized measure of discounted future net cash flows at the applicable date, before deducting future income taxes, discounted at 10 percent. Management believes that the presentation of PV-10 is relevant and useful to investors because it presents the discounted future net cash flows attributed be to the Company's estimated proved reserves prior to taking into account future corporate income taxes, and it is a useful measure for evaluating the relative monetary significance of the Company's proved oil, NGL and natural gas assets. Further, investors may utilize the measure as a basis for comparison of the relative size and value of proved reserves to other companies. The Company uses this measure when assessing the potential return on investment related to proved oil, NGL and natural gas assets. However, PV-10 measure and the standardized measure of discounted future net cash flows do not purport to present the fair value of the Company's oliticated future ent cash flows. The PV-10 measure and the standardized measure of discounted future net cash flows do not purport to present the fair value of the Company's oliticated recash flows. The PV-10 measure and the standardized measure of discounted future net cash flows do not purport to present the fair value of the Company's oliticated for the standardized measure of the property.

(in millions)	December 31, 2021
Standardized measure of discounted future net cash flows	\$3,425
Less present value of future income taxes discounted at 10%	(291)
PV-10 (non-GAAP)	\$3,716



Supplemental Non-GAAP Financial Measures

Net Debt (Unaudited)

Net Debt, a non-GAAP financial measure, is calculated as the face value of long-term debt plus any outstanding letters of credit, less cash and cash equivalents. Management believes Net Debt is useful to management and investors in determining the Company's leverage position since the Company has the ability, and may decide, to use a portion of its cash and cash equivalents to reduce debt. Net Debt as of June 30, 2022 was \$1.159 billion.

Net Debt to Consolidated EBITDAX (Unaudited)

Net Debt to Consolidated EBITDAX, a non-GAP financial measure, is calculated as Net Debt divided by Consolidated EBITDAX, for the previous four quarters, as defined in the Company's Serior Secured Credit Facility. Net Debt to Consolidated EBITDAX is used by the Company's management for various purposes, including as a measure of operating performance, in presentations to its board of directors and as a basis for strategic planning and forecasting

Free Cash Flow (Unaudited)

Tree Cash Flow is a non-GAAP financial measure that the Company defines as net cash provided by operating activities (GAAP) before changes in operating assets and liabilities, net, less incurred capital expenditures, excluding non-budgeted acquisition costs. Management believes Free Cash Flow is useful to management and investors in evaluating operating trends in its business that are affected by production, commodity prices, operating costs and other related factors. There are significant limitations to the use of Free Cash Flow as a measure of performance, including the lack of comparability due to the different methods of calculating Free Cash Flow reported by different companies.

The Company is unable to provide a reconciliation of the forward-looking Free Cash Flow projection contained in this presentation to net cash provided by operating activities, the most directly comparable GAAP financial measure, because we cannot reliably predict certain of the necessary components of net cash provided by operating activities, such as changes in working capital, without unreasonable efforts. Such unavailable reconciling information may be significant.

