VAALCO ENERGY INC /DE/

Form 4

August 18, 2014

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB Number:

3235-0287

Expires:

January 31, 2005

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response...

if no longer subject to Section 16. Form 4 or Form 5 obligations

Check this box

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

may continue. See Instruction

Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Hullinger Gregory R

2. Issuer Name and Ticker or Trading

Symbol

VAALCO ENERGY INC /DE/ [EGY]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last)

(First) (Middle) 3. Date of Earliest Transaction

(Month/Day/Year)

08/15/2014

Director 10% Owner Other (specify

Chief Financial Officer

X_ Officer (give title below)

4600 POST OAK PLACE DRIVE, SUITE 309

> (Street) 4. If Amendment, Date Original

> > (Zip)

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

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

HOUSTON, TX 77027

(State)

(City)

Tuole					Two Berryadye Securities required, Bisposed of, or Beneficiary 6 when							
	1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securities Acquired nsaction(A) or Disposed of (D)			5. Amount of	6.	7. Nature of		
	Security	(Month/Day/Year)	Execution Date, if	Transactio				Securities	Ownership	Indirect		
	(Instr. 3)		any	Code	(Instr. 3, 4 and 5)			Beneficially	Form: Direct	Beneficial		
			(Month/Day/Year)	(Instr. 8)				Owned	(D) or	Ownership		
								Following	Indirect (I)	(Instr. 4)		
						(4)		Reported	(Instr. 4)			
						(A)		Transaction(s)				
						or		(Instr. 3 and 4)				
				Code V	Amount	(D)	Price	(,				
	Common	00/15/2014		M	112 500	٨	\$	112 500	Ъ			
	Stock	08/15/2014		M	113,500	A	4.28	113,500	D			
	210011						0					
	Common	00/15/0014		T (2)	00.700	_	\$	22.551	F.			
	Stock	08/15/2014		$F^{(2)}$	80,729	D	8.25	32,771	D			
	Stock						0.23					

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

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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 orDerivative 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 Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount o Number o Shares
Non Qualified Stock Option (Right to Buy)	\$ 4.28	08/15/2014		M		113,500	<u>(1)</u>	03/03/2015	Common Stock	113,500

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Hullinger Gregory R 4600 POST OAK PLACE DRIVE SUITE 309 HOUSTON, TX 77027

Chief Financial Officer

Signatures

//Gregory R. 08/18/2014 Hullinger

**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) The options vested 1/3 on each of 03/03/2010, 2011, 2012

The Reporting Person exercised 113,500 non-statutory options. The Reporting Person executed a cashless exercise to effectuate the transaction. The cashless exercise resulted in a net gain of 32,771 shares of directly held common stock. To cover the cost of the options

and associated taxes the Issurer withheld 80,729 shares.

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.

Reporting Owners 2