#### STANLEY CHARLES B

Form 4

January 16, 2019

# FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

OMB Number:

5. Relationship of Reporting Person(s) to

Issuer

3235-0287

0.5

January 31, Expires: 2005

**OMB APPROVAL** 

Estimated average

burden hours per response...

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

Check this box

obligations may continue. See Instruction

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

30(h) of the Investment Company Act of 1940

2. Issuer Name and Ticker or Trading

Symbol

1(b).

(Print or Type Responses)

STANLEY CHARLES B

1. Name and Address of Reporting Person \*

			QEP RESOURCES, INC. [QEP]				(Check all applicable)				
(Last) 1050 17TH	(First)	(Middle) E 800	3. Date of (Month/I 01/14/2)	Day/Yea		ransaction			_X_ Director _X_ Officer (gives below)	1	0% Owner ther (specify
DENTED	4. If Amendment, Date Original 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					
DENVER,	CO 80265								Person		1
(City)	(State)	(Zip)	Tab	le I - N	on-I	Derivative S	Securit	ties Acq	uired, Disposed	of, or Benefic	ially Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	3. Transa Code (Instr.	8)	4. Securitie r(A) or Disp (Instr. 3, 4	osed o	of (D)	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)
Common Stock	01/14/2019			F		147,807	D	\$ 8.55	800,120	D	
Common Stock									44,480.48	I	Employee Investment Plan
Reminder: Re	port on a separate lin	e for each cla	ass of secu	urities b	enef	icially own	ed dire	ectly or i	ndirectly.		
Persons who respond to the collection of SE information contained in this form are not required to respond unless the form						SEC 1474 (9-02)					

number.

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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. Transactic Code (Instr. 8)	5. Dr.Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		e	7. Title and A Underlying S (Instr. 3 and A	Securities
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Stock Units	\$ 0					<u>(1)</u>	<u>(1)</u>	Phantom Stock Units	53,605.1882
Phantom Stock Units	\$ 0					(2)	(2)	Phantom Stock Units	580,961
Stock Option	\$ 30.9					03/05/2015	02/13/2019	Common Stock	90,350
Stock Option	\$ 30.12					03/05/2016	02/13/2020	Common Stock	100,088
Stock Option	\$ 31.74					03/05/2017	02/13/2021	Common Stock	87,194
Stock Option	\$ 21.69					03/05/2018	02/12/2022	Common Stock	125,985
Stock Option	\$ 10.12					01/14/2019	02/16/2023	Common Stock	142,106
Stock Option	\$ 16.98					01/14/2019	02/13/2024	Common Stock	133,705

# **Reporting Owners**

Reporting Owner Name / Address	Relationships							
1 0	Director	10% Owner	Officer	Other				
STANLEY CHARLES B 1050 17TH STREET SUITE 800	X		President and CEO					
DENVER, CO 80265								

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# **Signatures**

/s/Dane E. Allen, Attorney in Fact 01/16/2019

\*\*Signature of Reporting Person Date

## **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).
  - Phantom stock units will be payable in cash on the date of, or at a designated anniversary date following, the first to occur of the reporting person's (i) distribution election date which is not earlier than two years from the plan year (ii) separation from service from QEP (subject
- (1) to 6-month delay if necessary to comply with IRC 409A), (iii) death or (iv) disability, pursuant to the QEP Resources, Inc. Deferred Compensation Wrap Plan. This total includes shares attributable to the 401(k) supplemental program of the Deferred Compensation Wrap Plan. Consequently, share totals may change without any visible activity.
- (2) These phantom units are associated with QEP's Cash Incentive Plan.

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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