FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, [D.C. 20549
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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).

OMB APPROVAL 3235-0287 Estimated average burden hours per response: 0.5

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

Name and Address of Reporting Person* <u>Jarchow Craig</u>						2. Issuer Name and Ticker or Trading Symbol Laredo Petroleum, Inc. [LPI]									ationship k all app Direc	,	ng Pei	rson(s) to Is	
(Last)	(Fir	,	Middle)			te of E 3/202		Trans	action (Month/Day/Year)						Office belov	cer (give title ow)		Other (below)	specify
(Street) TULSA OK 74119 (City) (State) (Zip)						4. If Amendment, Date of Original Filed (Month/Day/Year) tive Securities Acquired, Disposed of, or Benef								Line) X	Form filed by More than One Reporting Person				on
1. Title of Security (Instr. 3) 2. Transac Date (Month/Da				tion 2A. Deem Execution y/Year) if any			Deemed cution Date,		3. 4. Securitie Transaction Disposed O Code (Instr. 5)			ired (A)) or 5. Amo 4 and Securi Benefi		ount of ties cially I Following	Forn (D) c	n: Direct or Indirect nstr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				00/12/	2020				Code	v	Amount	(A) (D)		ice	Transa (Instr.	action(s) 3 and 4)			(111511.4)
Common Stock 08/13/2020 A 1,411(1) A \$17.71 4,524 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)	Executi if any	ny nnth/Day/Year) :		sinsaction de (Instr. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		vative rities ired r osed) r. 3, 4	6. Date Exercisable and Expiration Date (Month/Day/Year) Date Expiration Exercisable and Expiration Date Expiration Date			7. Title and Amount of Securities Underlying Derivative Security (Inst 3 and 4) Amou or Numb of Title Share:		Dei Ser (Ins	Price of rivative curity str. 5)	9. Number derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	у	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)

Explanation of Responses:

1. These shares are granted under the Issuer's Omnibus Equity Incentive Plan and represent payment of directors retainer and director fees, which are paid 50% in stock and 50% in cash.

Remarks:

/s/ Mark D. Denny as attorney-in-fact for Craig

08/17/2020

Jarchow

** 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.