FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	DC	20549

STATEMENT O	F CHANGES	IN BENEFICIAL	OWNERSHIP
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OMB APPROVAL										
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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

(Last)	Address of R M. JASO (First H STREET, OK	3. Da 09/0	2. Issuer Name and Ticker or Trading Symbol Laredo Petroleum, Inc. [LPI] 3. Date of Earliest Transaction (Month/Day/Year) 09/08/2022 4. If Amendment, Date of Original Filed (Month/Day/Year)										Officer (give title				10% Ov Other (s below) CEO	vner specify blicable			
Table I - Non-Deriva 1. Title of Security (Instr. 3) 2. Transat Date (Month/Date)						tion 2A. Deemed Execution Date, if any (Month/Day/Year)			e,	3. Transac Code (I 8)	ction	4. Secur Dispose str. Amount		rities Acquired (A) o ed Of (D) (Instr. 3, 4 a t (A) or (D) Pri		5. Amour		s Form (D) o ollowing (I) (In lind 4)		Direct Indirect str. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common S	Common Stock 09/08/2022 S 3,750 ⁽¹⁾ D \$69.88 114,407 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 D if any (Month/Day/	Date,	4. Transactio Code (Inst 8)				6. Date Exercisal Expiration Date (Month/Day/Year			7. Title and Amoun Securities Underly Derivative Securit (Instr. 3 and 4)		derlying curity	De Se	Price of erivative ecurity estr. 5)	9. Number derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	Owners Form: Ily Direct (I or Indire		Beneficial Ownership (Instr. 4)	
	c		Code	v	(A)	(D)	Dat Exe	ie ercisable		piration te Title			Amount or Number of Shares	r							
Performance Units	(2)								03/	/05/2023		(2)		rmance nits	55,25	3		55,25	3	D	
Performance Units	(3)								03/	/09/2024		(3)	Perfor U	rmance nits	49,32	2		49,32	2	D	
Performance Units	(4)								02/	/22/2025		(4)		rmance nits	28,81	0		28,81	0	D	

Explanation of Responses:

- 1. Shares sold pursuant to a Rule 10b5-1 trading plan.
- 2. These performance units are granted under the Issuer's Omnibus Equity Incentive Plan. The performance units will be payable, if at all, in cash based upon (i) the Issuer's total shareholder return measured against an industry peer group, (ii) on an absolute share return basis and (iii) based on a return on average capital employed metric, over a three-year performance period ending December 31, 2022. The final amount of cash earned is dependent on the performance of the stock price and the factors identified herein with the performance unit multiple having a range of 0% to 200%.
- 3. These performance units are granted under the Issuer's Omnibus Equity Incentive Plan. The performance units will be payable, if at all, in cash based upon (i) the Issuer's total shareholder return measured against an industry peer group, (ii) on an absolute share return basis, (iii) earnings before interest, taxes, depreciation, amortization and exploration expense divided by three-year total debt reduction and (iv) growth in inventory, over a three-year performance period ending December 31, 2023. The final amount of cash earned is dependent on the performance of the stock price and the factors identified herein with the performance unit multiple having a range of 0% to 225%
- 4. These performance units are granted under the Issuer's Omnibus Equity Incentive Plan. Each performance unit represents a share of common stock. The performance units will be payable, if at all, in common stock, eash, or a combination of common stock and eash, to be determined in the discretion of the Issuer's Compensation Committee, based upon (i) the Issuer's total shareholder return measured against an industry peer group, (ii) on an absolute share return basis, (iii) earnings before interest, taxes, depreciation, amortization and exploration expense divided by three-year total debt reduction, (iv) growth in inventory and (v) emissions reduction, over a three-year performance period ending December 31, 2024. The final number of shares of common stock or cash earned is dependent on the performance of the stock price and the factors identified herein with the performance unit multiple having a range from 0% to 225%.

Remarks:

/s/ Mark D. Denny, as attorneyin-fact for M. Jason Pigott

09/09/2022

** 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.