

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).

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

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

1. Name and Address of Reporting Person* SCHUYLER JERRY R			2. Issuer Name and Ticker or Trading Symbol Laredo Petroleum Holdings, Inc. [LPI]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title below) X Other (specify below) Senior Advisor		
(Last) (First) (Middle) 15 W. SIXTH STREET, SUITE 1800			3. Date of Earliest Transaction (Month/Day/Year) 11/21/2013			6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person		
(Street) TULSA OK 74119			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(City) (State) (Zip)								

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	11/21/2013	11/21/2013	S		61,535	D	\$29.17 ⁽¹⁾	306,688	D	
Common Stock	11/22/2013	11/22/2013	S		4,517	D	\$29.17 ⁽¹⁾	302,171	D	
Common Stock	11/22/2013		M		24,012	A	\$24.11	326,183	D	
Common Stock	11/22/2013		S		24,012	D	\$28.86 ⁽¹⁾	302,171	D	
Common Stock	11/22/2013		M		44,742	A	\$17.34	346,913	D	
Common Stock	11/22/2013		S		44,742	D	\$28.93 ⁽¹⁾	302,171	D	
Common Stock	11/25/2013		S		1,700	D	\$25.11 ⁽¹⁾	300,471	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 Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative 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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date					
Stock Option (Right to buy)	\$24.11	11/22/2013		M		24,012		02/03/2013 ⁽²⁾	02/03/2022	Common Stock	24,012	\$0	0	D
Stock Option (Right to buy)	\$17.34	11/22/2013		M		44,742		02/15/2014 ⁽²⁾	02/15/2023	Common Stock	44,742	\$0	0	D

Explanation of Responses:

- The price reported in Column 4 is an average weighted price. The reporting person undertakes to provide Laredo Petroleum Holdings, Inc. ("Laredo"), any security holder of Laredo, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price.
- Pursuant to Mr. Schuyler's retirement benefits approved by the Compensation Committee of the Board of Directors, the exercise date on the subject options was accelerated to November 21, 2013.

Remarks:

/s/ Kenneth E. Dornblaser, as attorney-in-fact for Jerry R. Schuyler 11/25/2013

** 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.