SEC Form 4

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

1. Name and Address of Reporting Person[*] ROONEY L F III (Last)　　(First)　　(Middle) 15 W. SIXTH STREET, SUITE 1800 (Street) TULSA　　OK　　74119 (City)　　(State)　　(Zip)	2. Issuer Name **and** Ticker or Trading Symbol Laredo Petroleum Holdings, Inc. [LPI] 3. Date of Earliest Transaction (Month/Day/Year) 05/16/2013 4. If Amendment, Date of Original Filed (Month/Day/Year)	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X　Director　　　　10% Owner 　　Officer (give title below)　　Other (specify below) 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

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	05/16/2013		A		10,155[(1)]	A	$17.97	29,881	D	
Common Stock								434,265	I	By Rooney Capital LLC[(2)]

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	Title	Amount or Number of Shares				

Explanation of Responses:

1. These restricted shares are granted under the Issuer's 2011 Omnibus Equity Incentive Plan with a portion granted as an annual stock grant and committee chair fees and the remainder granted in lieu of cash payments for quarterly director fees at the election of the director.

2. By reason of the provisions of Rule 16a-1 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), Mr. Rooney may be deemed to be a beneficial owner of the 434,265 shares of common stock of the Issuer held by Rooney Capital LLC. Pursuant to Rule 16a-1(a)(4) of the Exchange Act, Mr. Rooney herein states that this Form 4 shall not be deemed an admission that he is the beneficial owner of such shares of common stock. Mr. Rooney disclaims beneficial ownership of the common stock of the Issuer, except to the extent that he has a pecuniary interest in such shares of common stock.

Remarks:

/s/ Kenneth E. Dornblaser, as attorney-in-fact for Francis Rooney	05/20/2013
** Signature of Reporting Person	Date