

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

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

1. Name and Address of Reporting Person* <u>Spexarth James W.</u> _____ (Last) (First) (Middle) <u>1001 LOUISIANA STREET, SUITE 2900</u> _____ (Street) <u>HOUSTON TX 77002</u> _____ (City) (State) (Zip)			2. Issuer Name and Ticker or Trading Symbol <u>SUPERIOR ENERGY SERVICES INC [SPN]</u>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director _____ 10% Owner _____ <input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below) _____ <u>Chief Accounting Officer</u>		
			3. Date of Earliest Transaction (Month/Day/Year) <u>09/28/2020</u>					
			4. If Amendment, Date of Original Filed (Month/Day/Year)			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> 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 Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			

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
Restricted Stock Units	\$0.00	09/28/2020		D			494	(1)	(1)	Common Stock	494	\$0.00	0	D	
Restricted Stock Units	\$0.00	09/28/2020		D			594	(2)	(2)	Common Stock	594	\$0.00	0	D	
Restricted Stock Units	\$0.00	09/28/2020		D			3,276	(3)	(3)	Common Stock	3,276	\$0.00	0	D	
Phantom Stock Units	\$0.00	09/28/2020		D			38,342	(4)	(4)	Common Stock	38,342	\$0.00	0	D	
Stock Option (Right to Buy)	\$0.00	09/28/2020		D			4,474 ⁽⁵⁾	(6)	(6)	Common Stock	4,474	\$0.00	0	D	

Explanation of Responses:

- The reported transaction involved the reporting person's voluntary forfeiture of 494 shares of unvested restricted stock in connection with the Issuer adopting a key employee retention plan.
- The reported transaction involved the reporting person's voluntary forfeiture of 594 shares of unvested restricted stock in connection with the Issuer adopting a key employee retention plan.
- The reported transaction involved the reporting person's voluntary forfeiture of 3,276 shares of unvested restricted stock in connection with the Issuer adopting a key employee retention plan.
- The reported transaction involved the reporting person's voluntary forfeiture of 38,342 shares of unvested phantom stock in connection with the Issuer adopting a key employee retention plan.
- Reflects a reverse stock split of the Issuer's common stock at a ratio of one-for-ten, effective on December 18, 2019, whereby the the resulting fractional share was rounded down to the nearest whole share.
- The reported transaction involved the reporting person's voluntary forfeiture of unvested stock options to acquire 4,474 shares of Issuer's common stock in connection with the Issuer adopting a key employee retention plan.

Remarks:

/s/ William B. Masters, on behalf of James W. Spexarth, 09/30/2020 pursuant to a power of attorney.

** 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.