FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

Instruction 1(b).

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C. 20549	

STATEMENT	OF	CHANGES	IN BE	ENEFICIA	AL (OWNERS	HIP

OMB APPROVAL									
OMB Number: 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

1. Name and Address of Reporting Person* Ballard Westervelt T. JR						2. Issuer Name and Ticker or Trading Symbol SUPERIOR ENERGY SERVICES INC [SPNX]									k all app Direc	,	ng Pe	rson(s) to Is 10% O Other (wner
(Last) (First) (Middle) 1001 LOUISIANA STREET, SUITE 2900						3. Date of Earliest Transaction (Month/Day/Year) 01/08/2021								Λ	belov E	v) EVP, CFO	& Tı	below) reasurer	
(Street)		·	7002		4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Indi Line) X	vidual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting Person				on
(City)	(Sta		Zip)	n Doriva	tivo 9	20011	rition	Λ.α.	uirod	Die	posed of	or F	Ponof	icially	, Own				
		Table	1 - 110	ii-Deriva	ilive s	secu	rities	Acq	luirea,	פוט י	poseu oi	, or E	enei	icialiy	Own	eu			
Date			2. Transac Date (Month/Da	Execution Date,				es Acquired (A) o Of (D) (Instr. 3, 4					6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)				
									Code	v	Amount	mount (A) or (D)		ice	Transa	saction(s) r. 3 and 4)			(
Common	Stock			01/08/2	2021				S		40,000	D \$0.1 ⁽¹⁾		$0.1^{(1)}$	53,410			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. Code Conversion or Exercise Price of Derivative Security 3. Transaction Date Execution Date, if any (Month/Day/Year) (Month/Day/Year) 3. Transaction Execution Date, if any (Month/Day/Year) (Month/Day/Year) Code 8)		instr.			6. Date Exercisable and Expiration Date (Month/Day/Year) Date Expiration Exercisable 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 Beneficiall Owned Following Reported Transactio (Instr. 4)	y	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)				

Explanation of Responses:

1. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$0.1001 to \$0.1105.

Remarks:

/s/ William B. Masters, on behalf of Westervelt T. Ballard, Jr., pursuant to a power of attorney

01/11/2021

** 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.