

OMB APPROVAL	
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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

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

1. Name and Address of Reporting Person* <u>Ballard Westervelt T. JR</u> (Last) (First) (Middle) 1001 LOUISIANA STREET, SUITE 2900 (Street) HOUSTON TX 77002 (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>EVP, CFO & Treasurer</u>
	3. Date of Earliest Transaction (Month/Day/Year) 09/28/2020	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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	09/28/2020		D		885	D	\$0.00 ⁽¹⁾	93,410	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. 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			375	(2)	(2)	Common Stock	375	\$0.00	0	D	
Restricted Stock Units	\$0.00	09/28/2020		D			5,702	(3)	(3)	Common Stock	5,702	\$0.00	0	D	
Phantom Stock Units	\$0.00	09/28/2020		D			66,741	(4)	(4)	Common Stock	66,741	\$0.00	0	D	
Stock Option (Right to Buy)	\$0.00	09/28/2020		D			8,281 ⁽⁵⁾	(6)	(6)	Common Stock	8,281	\$0.00	0	D	

Explanation of Responses:

- The reported transaction involved the reporting person's voluntary forfeiture of 885 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 375 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 5,702 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 66,741 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 1-for-ten, effective on December 18, 2019 at 5:00 p.m. Eastern Time, 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 8,281 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 Westervelt T. Ballard, Jr., pursuant to a power of attorney. 09/30/2020

** 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.

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