FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

| l | OMB APPRO              | VAL       |  |  |  |  |
|---|------------------------|-----------|--|--|--|--|
|   | OMB Number:            | 3235-0287 |  |  |  |  |
| l | Estimated average burd | en        |  |  |  |  |
| l | hours per response:    | 0.5       |  |  |  |  |

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

|  |   |  |  |                    |                              |                  |   |        | _            |                                   | _      |   |   |                         |                              |  |   |    |  |   |  |  |
|--|---|--|--|--------------------|------------------------------|------------------|---|--------|--------------|-----------------------------------|--------|---|---|-------------------------|------------------------------|--|---|----|--|---|--|--|
|  | nd Address of<br>s William  | SU   | 2. Issuer Name and Ticker or Trading Symbol SUPERIOR ENERGY SERVICES INC SPN |                    |                              |                  |   |        |              |                                   |        |   | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner  Officer (give title Other (specify |                         |                              |  |   |    |  |   |  |  |
| (Last)<br>1001 LO                                      | Last) (First) (Middle) 001 LOUISIANA STREET, SUITE 2900               |  |  |                    |                              |                  | 3. Date of Earliest Transaction (Month/Day/Year) 01/15/2020 |        |              |                                   |        |   |   |                         |                              |  | X Officer (give title below) below)  Executive VP & General Counsel   |    |  |   |  |  |
| (Street) HOUSTON TX 77002                              |   |  |  |                    |                              |                  | 4. If Amendment, Date of Original Filed (Month/Day/Year)    |        |              |                                   |        |   |   |                         |                              |  | Individual or Joint/Group Filing (Check Applicable ne)  X Form filed by One Reporting Person Form filed by More than One Reporting Person |    |  |   |  |  |
| (City)   | (5)   | •  | (Zip)  |                    |                              |                  |   |        |              |                                   |        |   |   |                         | <u> </u>                     |  |   |    |  |   |  |  |
|  |   | Tab  | le I - Noi   | n-Deriv            | ative                        | e Se             | curiti  | ies Ac | qui          | red, D                            | Disp   | osed o  | of, or B  | enefi                   | ciall                        | / Owned  | l l   |    |  |   |  |  |
| 1. Title of Security (Instr. 3)  2. Trans Date (Month/ |   |  |  |                    |                              | ear)             | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) |        | ,   T        | Transaction D<br>Code (Instr. 5)  |        | 4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 45) |   |                         | 4 and Securitie<br>Beneficia |  | es For<br>ially (D)<br>Following (I) (  |    | n: Direct<br>r Indirect<br>istr. 4)                                      | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership |  |  |
|  |   |  |  |                    |                              |                  |   |        | c            | Code \                            | v      | Amount  | (A)<br>(D)  | or P                    | rice                         | Transac<br>(Instr. 3                           | tion(s)   |    |  | (Instr. 4)  |  |  |
| Common   | Stock   | 5/2020                                     | 2020   |                    |                              |                  | M   |        | 1,62         | 7 A                               | .   9  | \$0.00  | 25,352(1)(2)  |                         |                              | D  |   |    |  |   |  |  |
| Common   | Stock   | 5/2020                                     | /2020  |                    |                              | F <sup>(3)</sup> |   | 483    | Г            | ) ;                               | \$5.28 | 24,869  |   | D                       |                              |  |   |    |  |   |  |  |
|  |   | Т  | able II -  | Deriva<br>(e.g., p |                              |                  |   |        |              |                                   |        |   |   |                         |                              | Owned  |   |    |  |   |  |  |
| 1. Title of<br>Derivative<br>Security<br>(Instr. 3)    | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemo<br>Execution<br>if any<br>(Month/Da                                | Date,              | 4.<br>Transa<br>Code (<br>8) |                  | າ of   E  |        | Expi         | ate Exer<br>iration D<br>nth/Day/ | ate    | Amount of   |   | of<br>s<br>ng<br>e Secu |                              | . Price of<br>erivative<br>ecurity<br>nstr. 5) | 9. Number derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)  | ly | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | Beneficial<br>Ownership<br>tt (Instr. 4)            |  |  |
|  |   |  |  | Co                 | Code                         | v                | (A)   | (D)    | Date<br>Exer | e<br>rcisable                     |        | opiration   | Title   | or                      | ount<br>nber<br>ıres         |  |   |    |  |   |  |  |
| Restricted<br>Stock                                    | (4)   | 01/15/2020                                 |  |                    | M                            |                  |   | 1,627  |              | (5)                               |        | (5)   | Common<br>Stock   | 1,6                     | 527                          | \$0.00   | 4,881 <sup>(1</sup>   | )  | D  |   |  |  |

## **Explanation of Responses:**

- 1. 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.
- 2. Includes 200 shares of common stock purchased through the company's employee stock purchase plan for the 2019 offering periods.
- 3. Shares withheld to cover taxes due upon the vesting of restricted stock units.
- 4. Each restricted stock unit represents a right to receive one share of the Issuer's common stock.
- 5. The restricted stock units vest in 1/3 annual increments beginning on January 15, 2020 and ending on the second anniversary thereof.

## Remarks:

<u>/s/ William B. Masters</u> <u>01/17/2020</u>

\*\* 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.