UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

CURRENT REPORT
Pursuant to Section 13 or 15(d)
of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): October 1, 2019

SUPERIOR ENERGY SERVICES, INC.

(Exact name of registrant as specified in its charter)

001-34037

75-2379388

Delaware

(State or other jurisdiction)	(Commission File Number)	(IRS Employer Identification No.)
1001 Louisiana S Houston (Address of principa	, Texas	77002 (Zip Code)
	(713) 654-2200 (Registrant's telephone number, including area code)	
(F	Not Applicable Former address, if changed since last report	rt)
Check the appropriate box below if the Form 8-K file following provisions:	ling is intended to simultaneously satisfy the filing	g obligation of the registrant under any of the
☐ Written communications pursuant to Rule 425	under the Securities Act (17 CFR 230.425)	
Soliciting material pursuant to Rule 14a-12 ur	nder the Exchange Act (17 CFR 240.14a-12)	
☐ Pre-commencement communications pursuant	t to Rule 14d-2(b) under the Exchange Act (17 CF	FR 240.14d-2(b))
☐ Pre-commencement communications pursuant	t to Rule 13e-4(c) under the Exchange Act (17 CF	R 240.13e-4(c))
Securities registered pursuant to Section 12(b) of the	e Act:	
Title of each class	Trading symbol	Name of each exchange on which registered
Common Stock	SPN	New York Stock Exchange
ndicate by check mark whether the registrant is an e230.405 of this chapter) or Rule 12b-2 of the Securi		· ·
		Emerging growth company \Box
f an emerging growth company, indicate by check relew or revised financial accounting standards provide		

Item 7.01 Regulation FD Disclosure

On October 1, 2019, the Company issued a press release announcing that its Board of Directors authorized a new stock repurchase program. The full text of the press release is furnished with this Report as Exhibit 99.1 to this Current Report on Form 8-K.

The information provided pursuant to this Item 7.01 is "furnished" and shall not be deemed to be "filed" with the Securities and Exchange Commission or incorporated by reference in any filing under the Securities Exchange Act of 1934, as amended, or the Securities Act of 1933, as amended, except as shall be expressly set forth by specific reference in any such filings.

Item 8.01 Other Events

Share Repurchase Program

On October 1, 2019, Superior Energy Services, Inc. (the "Company") announced that its Board of Directors authorized a new stock repurchase program of up to \$15.0 million of its outstanding shares of common stock. Repurchases may be made at management's discretion from time to time in the open market, through negotiated transactions, or otherwise. The timing and amounts of any purchases will be based on market conditions and other factors including price, regulatory requirements, and capital availability. The authorization will expire March 31, 2020 and may be suspended or discontinued at any time at the discretion of the Board of Directors.

Item 9.01 Financial Statements and Exhibits

(d) Exhibits.

Exhibit <u>Number</u>	<u>Description</u>
99.1	Press Release dated October 1, 2019 announcing a share repurchase program.
104	Cover Page Interactive Data File (embedded within the Inline XBRL document)

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

SUPERIOR ENERGY SERVICES, INC.

By: /s/ William B. Masters

William B. Masters Executive Vice President, General Counsel and Secretary

Dated: October 1, 2019

1001 Louisiana St., Suite 2900 Houston, TX 77002 NYSE: SPN



FOR FURTHER INFORMATION CONTACT: Paul Vincent, VP of Treasury and Investor Relations, (713) 654-2200

SUPERIOR ENERGY SERVICES ANNOUNCES SHARE REPURCHASE PROGRAM

Houston, October 1, 2019 – Superior Energy Services, Inc. (OTC: SPNV) (the "Company") announced today that its Board of Directors has authorized a new stock repurchase program of up to \$15.0 million of its outstanding shares of common stock. Repurchases may be made at management's discretion from time to time in the open market, through negotiated transactions, or otherwise. The timing and amounts of any purchases will be based on market conditions and other factors including price, regulatory requirements, and capital availability. The authorization will expire March 31, 2020 and may be suspended or discontinued at any time at the discretion of the Board of Directors.

About Superior Energy Services

Superior Energy Services serves the drilling, completion and production-related needs of oil and gas companies worldwide through a diversified portfolio of specialized oilfield services and equipment that are used throughout the economic life cycle of oil and gas wells. For more information, visit: www.superiorenergy.com.

This press release includes forward-looking statements as defined under federal law, including, but not limited to, those related to the company's intention to regain compliance with the NYSE continued listing standards. These forward-looking statements are generally identified by the words "believe," "expect," "anticipate," "estimate," "intend," "plan," "may," "should," "could," "will," "would," and "will be," and variations of such words and similar expressions, although not all forward-looking statements contain these identifying words. Such statements are subject to significant risks, assumptions and uncertainties. Known material factors that could cause the Company's actual results to differ materially from the results contemplated by such forward-looking statements are described in the forward looking statements and risk factors in the Company's Annual Report on Form 10-K for the fiscal year ended December 31, 2018, Quarterly Report on Form 10-Q for the quarter ended March 31, 2019, Quarterly Report on Form 10-Q for the quarter ended June 30, 2019 and those risk factors set forth from time to time in other filings with the Securities and Exchange Commission. The Company undertakes no obligation to correct or update any forward-looking statement, whether as a result of new information, future events, or otherwise, except to the extent required under federal securities laws.

###