VAALCO ENERGY INC /DE/

Form 4 August 19, 2014

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

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if no longer subject to Section 16. Form 4 or Form 5

Check this box

obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Myers John J Jr

2. Issuer Name and Ticker or Trading Symbol

Issuer

(Check all applicable)

(First)

(Street)

(State)

(Middle)

(Zip)

VAALCO ENERGY INC /DE/ [EGY]

3. Date of Earliest Transaction (Month/Day/Year)

08/15/2014

_X__ Director 10% Owner Other (specify Officer (give title

5. Relationship of Reporting Person(s) to

4600 POST OAK PLACE, SUITE 300

(City)

(Last)

4. If Amendment, Date Original

Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check

Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

HOUSTON, TX 77027

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2. Transaction Date	2A. Deemed	3. 4. Securities Acquired		5. Amount of	6.	7. Nature of		
(Month/Day/Year)	Execution Date, if	Transaction(A) or Disposed of (D)			Securities	Ownership	Indirect	
	any	Code	Code (Instr. 3, 4 and 5)			Beneficially	Form: Direct	Beneficial
	(Month/Day/Year)	(Instr. 8)				Owned	(D) or	Ownership
						Following	Indirect (I)	(Instr. 4)
						Reported	(Instr. 4)	
						Transaction(s)		
		C 1 W			ъ.	(Instr. 3 and 4)		
		Code V	Amount	(D)				
08/15/2014		М	100.000	٨	\$	167 000	D	
00/13/2014		171	100,000	А	4.28	107,900	D	
09/15/2014		C	82 000	D	\$	85,000	D	
00/13/2014		S	62,900	ע	8.63	85,000	D	
		any (Month/Day/Year) 08/15/2014	2. Transaction Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) (Month/Day/Year) Code (Instr. 8) Code V 08/15/2014 M	2. Transaction Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) (Month/Day/Year) Code (Instr. 3, 4) Code V Amount M 100,000	2. Transaction Date (Month/Day/Year) (Month/Day/Year) Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) (A) or Code V Amount (D) 08/15/2014 M 100,000 A	2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) (Month/Day/Year) Execution Date, if any (Instr. 3, 4 and 5) Code (Instr. 3, 4 and 5) (Instr. 8) Code V Amount (D) Price M 100,000 A \$ 4.28	2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) (Month/Day/Year) Execution Date, if any (Month/Day/Year) (Instr. 8) Code (Instr. 3, 4 and 5) (Instr. 8) Code V Amount (D) Price M 100,000 A \$ 167,900	(Month/Day/Year) Execution Date, if any Code (Instr. 3, 4 and 5) Code (Instr. 3, 4 and 5) Beneficially Form: Direct (D) or Following Reported Transaction(s) (Instr. 4) Code V Amount (D) Price 08/15/2014 M 100,000 A \$ 4.28 167,900 D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

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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)	orDeri Secu Acqı Disp	fumber of ivative urities uired (A) or cosed of (D) tr. 3, 4, and	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount o Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount Number Shares
Non Qualified Stock Option (Right to Buy)	\$ 4.28	08/15/2014		M		100,000	03/03/2010	03/03/2015	Common Stock	100,00

Reporting Owners

Reporting Owner Name / Address	Relationships						
1 8	Director	10% Owner	Officer	Other			
Myers John J Jr 4600 POST OAK PLACE SUITE 300 HOUSTON, TX 77027	X						

Signatures

//John J. Myers,
Jr.

**Signature of Pate Reporting Person

08/15/2014

Explanation of Responses:

- * 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. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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