QEP RESOURCES, INC.

Form 4

September 08, 2016

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

Washington, D.C. 20549

3235-0287 Number: January 31,

OMB APPROVAL

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

obligations

Check this box

Expires: 2005 Estimated average

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,

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may continue. See Instruction

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 I STANLEY CHARLES B	Symbol	er Name and Ticker or Trading ESOURCES, INC. [QEP]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
(Last) (First) (M	(Month/	of Earliest Transaction Day/Year) 2016	(Check all applicable) _X_ Director 10% Owner _X_ Officer (give title Other (specify below) President and CEO
(Street) DENVER, CO 80265		nendment, Date Original onth/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 Person
(City) (State)	(Zip) Tab	ole I - Non-Derivative Securities Ac	quired, Disposed of, or Beneficially Owned
1.Title of Security (Month/Day/Year) Common Stock 2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3.	5. Amount of Securities Ownership Indirect Beneficially Form: Beneficial Owned Direct (D) Ownership Following or Indirect Reported (I) Transaction(s) (Instr. 3 and 4) 740,775 (2) D
Common Stock			Employee 37,313.902 I Investment Plan
Reminder: Report on a separate line	for each class of sec	curities beneficially owned directly or	indirectly

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

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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. Transactic Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		e	7. Title and A Underlying S (Instr. 3 and	Securities
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option	\$ 39.07					03/05/2014	02/25/2018	Common Stock	63,588
Phantom Stock Units	\$ 0					(3)	(3)	Phantom Stock Units	53,605.1882
Phantom Stock Units	\$ 0					<u>(4)</u>	<u>(4)</u>	Phantom Stock Units	362,452
Stock Option	\$ 30.9					03/05/2015	02/13/2019	Common Stock	90,350
Stock Option	\$ 30.12					03/05/2016	02/13/2020	Common Stock	100,088
Stock Option	\$ 31.74					<u>(5)</u>	02/13/2021	Common Stock	87,194
Stock Option	\$ 21.69					<u>(6)</u>	02/12/2022	Common Stock	125,985
Stock Option	\$ 10.12					<u>(7)</u>	02/16/2023	Common Stock	142,106
Stock Option	\$ 27.55					03/05/2013	03/05/2017	Common Stock	62,000

Reporting Owners

Reporting Owner Name / Address	Relationships				
Fg	Director	10% Owner	Officer	Other	
STANLEY CHARLES B 1050 17TH STREET SUITE 800 DENVER, CO 80265	X		President and CEO		

Reporting Owners 2

Signatures

/s/ Dane E. Allen, Attorney in Fact

09/08/2016

**Signature of Reporting Person

Date

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).
- (1) I received a distribution of formerly restricted shares of stock and made an advance election to satisfy my tax payment obligations by withholding shares.
- (2) Some of these shares are held in a trust for which I and my spouse are trustees.
 - Phantom stock units will be payable in cash on the date of, or at a designated anniversary date following, the first to occur of the reporting person's (i) distribution election date which is not earlier than two years from the plan year (ii) separation from service from QEP (subject
- (3) to 6-month delay if necessary to comply with IRC 409A), (iii) death or (iv) disability, pursuant to the QEP Resources, Inc. Deferred Compensation Wrap Plan. This total includes shares attributable to the 401(k) supplemental program of the Deferred Compensation Wrap Plan. Consequently, share totals may change without any visible activity.
- (4) These phantom units are associated with QEP's Cash Incentive Plan.
- (5) The option vests in three annual installments beginning on March 5, 2015, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.
- (6) The option vests in three annual installments beginning on March 5, 2016, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.
- (7) The option vests in three annual installments beginning on March 5, 2017, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.

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.

Signatures 3