Hink Kirsten A Form 4 April 17, 2019

FORM 4

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

Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

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

obligations 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).

Form 5

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading Hink Kirsten A Issuer Symbol Sanchez Energy Corp [SNEC] (Check all applicable) (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) Director 10% Owner X_ Officer (give title _ Other (specify 1000 MAIN STREET, SUITE 3000 04/15/2019 below) SVP and CAO (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting HOUSTON, TX 77002 Person

(City)	(State)	Zip) Table	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. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)			5. Amount of Securities Beneficially Owned Following	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	Reported Transaction(s) (Instr. 3 and 4)		
Common Stock	04/15/2019		M	12,000	A	(1)	153,513	D	
Common Stock	04/15/2019		D	12,000	D	\$ 0.19	141,513	D	
Common Stock	04/15/2019		F	1,779	D	\$ 0.19	139,734	D	
Common Stock	04/17/2019		M	9,346	A	<u>(1)</u>	149,080	D	
Common Stock	04/17/2019		D	9,346	D	\$ 0.18	139,734	D	

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Common Stock 04/17/2019 F 2,771 D \$ 136,963 D

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

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SEC 1474

(9-02)

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)	4. 5. Number of TransactionDerivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amou Underlying Securi (Instr. 3 and 4)	
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amor or Nur of S
Phantom Stock	<u>(1)</u>	04/15/2019	M	12,000	04/15/2019(2)	04/15/2019(2)	Common Stock	12.
Phantom Stock	<u>(1)</u>	04/17/2019	M	9,346	04/17/2019(3)	04/17/2019(3)	Common Stock	9,

Reporting Owners

Reporting Owner Name / Address	Relationships

Director 10% Owner Officer Other

Hink Kirsten A

1000 MAIN STREET, SUITE 3000 SVP and CAO

HOUSTON, TX 77002

Signatures

/s/ Kirsten A. 04/17/2019 Hink

**Signature of Date
Reporting Person

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) Each share of phantom stock is the economic equivalent of one share of the Issuer's common stock, par value \$0.01 per share. The Reporting Person settled her shares of phantom stock for cash.

Reporting Owners 2

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- (2) The shares of phantom stock were initially issued April 15, 2016, scheduled to vest in equal annual increments over a three-year period and to be payable only in cash.
- (3) The shares of phantom stock were initially issued April 17, 2018, scheduled to vest in equal annual increments over a three-year period and to be payable only in cash.

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.