Lindeman Steven W Form 4 February 21, 2019

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB Number:

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Expires:

January 31, 2005

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OMB APPROVAL

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SECURITIES 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 may continue.

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

See Instruction

1. Name and Address of Reporting Person *Lindeman Steven W			2. Issue Symbol	r Name and	Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First)	(Middle)		Γ OIL & (f Earliest Tr	GAS CORP [COG]	(Chec	ck all applicable)		
840 GESSN	IER ROAD, S	SUITE 1400	(Month/E 02/19/2	Day/Year) 019		X_ Officer (give below)	e title Other below) res, South Reg &	er (specify		
	(Street)			endment, Da nth/Day/Year	e	6. Individual or Jo Applicable Line) _X_ Form filed by	•	<u>U</u> .		
HOUSTON	, TX 77024					Form filed by M Person	1 0			
(City)	(State)	(Zip)	Tabl	le I - Non-D	Derivative Securities Acc	quired, Disposed o	f, or Beneficial	ly Owned		
1.Title of		Date 2A. Deer		3.	4. Securities Acquired		6. Ownership			

(City)	(State) (Zip) Table	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	f, or Beneficial	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired n(A) or Disposed of (D) (Instr. 3, 4 and 5)			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)
Common			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		
Stock	02/19/2019		A(1)	7,321	A	\$ 0	160,684	D	
Common Stock	02/19/2019		F	2,881	D	\$ 25.18	157,803	D	
Common Stock	02/19/2019		A(2)	3,540	A	\$ 0	161,343	D	
Common Stock	02/19/2019		F	1,393	D	\$ 25.18	159,950	D	
Common Stock	02/19/2019		A(3)	4,301	A	\$0	164,251	D	

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Common Stock 02/19/2019 F 1,693 D \$ 162,558 D

Common Stock 24,385 (4) I Held in 401(k) Plan.

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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	5. Number of onDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amoun or Numbe of Shar
Performance Shares	\$ 0	02/19/2019		A	28,858	(5)	12/31/2021	Common	28,85

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

Lindeman Steven W

840 GESSNER ROAD, SUITE 1400 Sr Vice Pres, South Reg & Eng

HOUSTON, TX 77024

Signatures

Deidre L. Shearer, Attorney-in-Fact for Steven W.

Lindeman

02/21/2019

**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) Vesting of hybrid performance shares granted on February 17, 2016.
- (2) Vesting of hybrid performance shares granted on February 22, 2017.

Reporting Owners 2

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- (3) Vesting of hybrid performance shares granted on February 21, 2018.
- (4) Based on a statement dated January 31, 2019 for shares held by the reporting person under the Cabot Oil & Gas Savings Investment Plan.

 The performance shares provide for payment in common stock and cash in an amount ranging from 0-200% of the performance shares
- (5) awarded, based upon certain performance criteria over a three year performance period, beginning January 1, 2019 and ending December 31, 2021.

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.