UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

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

Date of Report (Date of earliest event reported): March 28, 2019

VAALCO Energy, Inc. (Exact name of registrant as specified in its charter)

Delaware (State or other jurisdiction of incorporation)

001-32167 (Commission File Number)

76-0274813 (IRS Employer Identification No.)

9800 Richmond Avenue, Suite 700 Houston, Texas (Address of principal executive offices)

77042 (Zip Code)

Registrant's telephone number, including area code: (713) 623-0801 Not Applicable (Former Name or former address if changed since last report.)

eck the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any the following provisions:
Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
icate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 30.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter). Emerging growth company
in emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying h any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. \Box

Item 7.01 Regulation FD Disclosure

On March 28, 2019, VAALCO Energy, Inc. (the "Company) issued a press release providing an operational update. A copy of the Company's press release is furnished as Exhibit 99.1 to this Current Report on Form 8-K.

The information set forth in this Item 7.01 and in the attached Exhibit 99.1 shall not be deemed "filed" for purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or otherwise subject to the liabilities of that section, or incorporated by reference into any filing under the Securities Act of 1933, as amended, or the Exchange Act, except as shall be expressly set forth by specific reference in such filing.

Item 9.01 Financial Statements and Exhibits.

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(d) Exhibits.

Exhibit Number Description

99.1 Press Release, dated March 28, 2019

SIGNATURE

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.

VAALCO Energy, Inc.

(Registrant)

Date: March 28, 2019

By: /s/ Elizabeth D. Prochnow

Name: Elizabeth D. Prochnow
Title: Chief Financial Officer

Exhibit Index

99.1 Press Release, dated March 28, 2019	



VAALCO ENERGY, INC. PROVIDES OPERATIONAL UPDATE

HOUSTON – **March 28, 2019** – VAALCO Energy, Inc. (NYSE: EGY) ("VAALCO" or "the Company") today announced that a workers' strike occurred on the third party owned and operated Floating Production, Storage and Offloading vessel (FPSO) that VAALCO and its joint interest owners utilize to collect and store all production from the Etame Marin field offshore Gabon. VAALCO and its joint interest owners have leased the FPSO Nautipa from Tinworth Limited, an affiliate of BW Offshore, since the Etame field began production in 2002. Workers on the FPSO are members of the Gabon petroleum workers union, "ONEP," and are retained by Tinworth.

As a precaution, the Etame Marin field was temporarily shut in on March 26, 2019. On March 27, 2019, Tinworth advised that the work stoppage ended. Efforts are underway to restart production and return to normal production levels.

About VAALCO

VAALCO Energy, Inc. is a Houston-based independent energy company principally engaged in the acquisition, development and production of crude oil. The Company's properties and acreage are located primarily in Gabon and Equatorial Guinea in West Africa.

Investor Contact Al Petrie 713-543-3422