

## Form 144 Filer Information

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

FORM 144

## Form 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

## 144: Filer Information

Filer CIK	0001954072
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	<input checked="" type="radio"/> LIVE <input type="radio"/> TEST

## Submission Contact Information

Name	
Phone	
E-Mail Address	

## 144: Issuer Information

Name of Issuer	VAALCO ENERGY INC /DE/
SEC File Number	001-32167
Address of Issuer	2500 CityWest Blvd., Suite 400 Houston TEXAS 77042
Phone	713-623-0801
Name of Person for Whose Account the Securities are To Be Sold	Thor Pruckl

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	Officer
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## 144: Securities Information

Title of the Class of Securities To Be Sold	Common Stock
Name and Address of the Broker	National Bank Financial 1710 - 1631 Dickson Avenue, Kelowna, A1 V1Y 0B
Number of Shares or Other Units To Be Sold	10169
Aggregate Market Value	40208.23
Number of Shares or Other Units Outstanding	103743163
Approximate Date of Sale	03/24/2025
Name the Securities Exchange	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

## 144: Securities To Be Sold

Title of the Class	Common Stock
Date you Acquired	12/05/2019
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market Purchase

Is this a Gift?  Date Donor Acquired

Amount of Securities Acquired	10169
Date of Payment	12/05/2019
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

## 144: Securities Sold During The Past 3 Months

Name and Address of Seller	Thor Pruckl (restricted stock tax withholding obligations) 2525 CityWest Blvd. Suite 400 Houston, TX 77042
Title of Securities Sold	Common Stock
Date of Sale	03/11/2025
Amount of Securities Sold	1446
Gross Proceeds	5653.86

## 144: Remarks and Signature

Remarks	<input type="text"/>
Date of Notice	03/25/2025

### ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	/s/ Thor Pruckl
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**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**