

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

1. Name and Address of Reporting Person * <u>Pruckl Thor</u> (Last) (First) (Middle) 9800 RICHMOND AVE STE 700 (Street) HOUSTON TX 77042-4685 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>VAALCO ENERGY INC /DE/ [EGY]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title below) Other (specify below) Chief Operating Officer
	3. Date of Earliest Transaction (Month/Day/Year) 11/16/2022	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	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			
Common Stock	11/16/2022		M		37,337	A	\$1.23	133,575 ⁽¹⁾	D	
Common Stock	11/16/2022		S		37,337	D	\$5.34 ⁽²⁾	96,238 ⁽¹⁾	D	
Common Stock	11/17/2022		M		9,706	A	\$1.23	105,944 ⁽¹⁾	D	
Common Stock	11/17/2022		S		9,706	A	\$5.2 ⁽³⁾	96,238 ⁽¹⁾	D	

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. Transaction Code (Instr. 8)		5. Number of Derivative 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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Employee Stock Option (right to buy)	\$1.23	11/16/2022		M			37,337	06/25/2021	06/25/2030	Common Stock	37,337	\$0.00	33,228	D	
Employee Stock Option (right to buy)	\$1.23	11/17/2022		M			9,706	06/25/2021	06/25/2030	Common Stock	9,706	\$0.00	23,552	D	

Explanation of Responses:

- Includes 86,238 shares of restricted stock granted to the reporting person pursuant to VAALCO Energy, Inc. 2020 Long Term Incentive Plan.
- This price reported is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$5.32 to \$5.37, inclusive. The reporting person undertakes to provide to VAALCO Energy, Inc., any security holder of VAALCO Energy, Inc. or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in footnote (2) to this Form 4.
- This price reported is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$5.20 to \$5.22, inclusive. The reporting person undertakes to provide to VAALCO Energy, Inc., any security holder of VAALCO Energy, Inc. or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in footnote (3) to this Form 4.

Remarks:

/s/Thor Pruckl by Matthew Powers 11/18/2022
as Attorney-in-Fact

** Signature of Reporting Person Date

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

* 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.