Doleshek Richard J Form 4 March 05, 2019

FORM 4

OMB APPROVAL

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

Expires: January 31, 2005

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average burden hours per response... 0.5

Form 4 or Form 5 obligations may continue. See Instruction

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

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Doleshek Richard J			2. Issuer Name and Ticker or Trading Symbol QEP RESOURCES, INC. [QEP]				5. Relationship of Reporting Person(s) to Issuer			
(Last) (First) (Middle) 1050 17TH STREET, SUITE 800			3. Date of Earliest Transaction (Month/Day/Year) 03/01/2019				(Check all applicable) Director 10% OwnerX_ Officer (give title Other (specify below) EVP, CFO			
DENVER,	(Street) CO 80265			endment, D onth/Day/Yea	ate Original r)			6. Individual or . Applicable Line) _X_ Form filed by Form filed by Person	Joint/Group Fi	Person
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative S	Securi	ties Acq	uired, Disposed	of, or Benefici	ially Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	3. Transaction Code (Instr. 8)	4. Securitie on(A) or Disp (Instr. 3, 4)	osed o	of (D)	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)
Common Stock	03/01/2019			A	148,803	A	\$ 7.93	549,490	D	
Common Stock								4,801.88	I	Employee Investment Plan
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.										

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

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SEC 1474

(9-02)

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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. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) Disposed of (I (Instr. 3, 4, an 5)	Expiration Da (Month/Day/Yor O)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (I	Date Exercisable	Expiration Date	Title	Amount Number Shares	
Phantom Stock Units	\$ 0	03/01/2019		A	148,803	<u>(1)</u>	<u>(1)</u>	Phantom Stock Units	148,8	
Phantom Stock Units	\$ 0					(2)	(2)	Phantom Stock Units	7,147.0	
Stock Option	\$ 30.12					03/05/2016	02/13/2020	Common Stock	48,9:	
Stock Option	\$ 31.74					03/05/2017	02/13/2021	Common Stock	42,8	
Stock Option	\$ 21.69					03/05/2018	02/12/2022	Common Stock	61,9	
Stock Option	\$ 10.12					03/05/2019	02/16/2023	Common Stock	69,80	
Stock Option	\$ 16.98					(3)	02/13/2024	Common Stock	65,7	

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Doleshek Richard J 1050 17TH STREET SUITE 800 DENVER, CO 80265			EVP, CFO				

Signatures

/s/Dane E. Allen, Attorney in Fact 03/05/2019

**Signature of Reporting Person Date

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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) These phantom units are associated with QEP's Cash Incentive Plan.
 - Phantom stock units will be payable in cash on the date of, or at a designated anniversary date following, the first to occur of the reporting person's (i) distribution election date which is not earlier than two years from the plan year (ii) separation from service from QEP (subject
- (2) to 6-month delay if necessary to comply with IRC 409A), (iii) death or (iv) disability, pursuant to the QEP Resources, Inc. Deferred Compensation Wrap Plan. This total includes shares attributable to the 401(k) supplemental program of the Deferred Compensation Wrap Plan. Consequently, share totals may change without any visible activity.
- (3) The option vests in three annual installments beginning on March 5, 2018, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.

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.