

Krog George William Jr
 Form 4
 March 18, 2019

FORM 4

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

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF 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 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
 Krog George William Jr

2. Issuer Name and Ticker or Trading Symbol
 ABRAXAS PETROLEUM CORP
 [AXAS]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)
 18803 MEISNER DRIVE
 (Street)

3. Date of Earliest Transaction
 (Month/Day/Year)
 02/08/2019

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 VP Chief Accounting Officer

SAN ANTONIO, TX 78258
 (City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Abraxas Petroleum Common Stock	03/14/2019		M		10,000	A	\$ 0.99
Abraxas Petroleum Common Stock					37,871	I	401-K

Reminder: Report 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. 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 Underlying (Instr. 3 and 4)
					V	(A)	(D)		
Performance-based Restricted Stock Unit	\$ 2.19						04/02/2021 04/02/2021	Abraxas Petroleum Common Stock	
Employee Stock Option	\$ 0.97						03/15/2017 03/15/2026	Abraxas Petroleum Common Stock	
Employee Stock Option	\$ 3.16						03/03/2016 03/03/2025	Abraxas Petroleum Common Stock	
Employee Stock Option	\$ 3.15						03/11/2014 03/11/2024	Abraxas Petroleum Common Stock	
Employee Stock Option	\$ 2.39						03/11/2015 03/11/2024	Abraxas Petroleum Common Stock	
Employee Stock Option	\$ 6.05						03/24/2010 03/24/2016	Abraxas Petroleum Common Stock	
Employee Stock Option	\$ 3.6						08/28/2011 08/28/2017	Abraxas Petroleum Common Stock	
Employee Stock Option	\$ 0.99	03/14/2019		M	10,000		03/17/2010 03/17/2019	Abraxas Petroleum Common Stock	

Option Description	Price	Start Date	End Date	Instrument
Employee Stock Option	\$ 1.75	10/05/2010	10/05/2019	Abraxas Petroleum Common Stock
Employee Stock Option	\$ 4.72	03/12/2012	03/15/2021	Abraxas Petroleum Common Stock
Employee Stock Option	\$ 2.09	03/16/2011	03/16/2020	Abraxas Petroleum Common Stock
Employee Stock Option	\$ 3.74	03/08/2013	03/08/2022	Abraxas Petroleum Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Krog George William Jr 18803 MEISNER DRIVE SAN ANTONIO, TX 78258			VP Chief Accounting Officer	

Signatures

G. William
Krog, Jr. 03/18/2019

__Signature of Date
Reporting Person

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).

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