## FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

#### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Ty	pe Response	s)		1											
Name and Address of Reporting Person   Doornik Jason				2. Issuer Name and Ticker or Trading Symbol VAALCO ENERGY INC /DE/ [EGY]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director10% Owner				
9800 RICHMOND AVENUE, SUITE 700			3. Date of Earliest Transaction (Month/Day/Year) 03/14/2022							X Officer (give title below) Other (specify below)  CAO & Controller					
(Street) HOUSTON, TX 77042			4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person						
(City)		(State)	(Zip)	,	Γable I	- Nor	ı-Der	ivative S	Securitie	es Acqui	ired, Disp	osed of, or l	Beneficially	Owned	
1.Title of Security (Instr. 3)  2. Transaction Date (Month/Day/Year)			if Cod	(Instr. 8)		4. Securities Acquired (A) or Disposed of (Instr. 3, 4 and 5)		of (D)				Form:	7. Nature of Indirect Beneficial		
			(Month/Day/Yea		ode	V	Amount	(A) or (D)	Price	(Instr. 3 a	str. 3 and 4)		Direct (D) or Indirect (I) (Instr. 4)		
Common Stock 03/14/202		03/14/2022			S		6,000		\$ 5.83	66,073			D		
				Derivative Secur		equire	the f	orm dis	plays a	a curre	ntly valid	OMB con	spond unle trol numbe		
Security		3. Transaction Date (Month/Day/	3A. Deemed Execution Dear	(e.g., puts, calls, value, if Transaction Code Year)  (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)  Date Expiration		7. T. Amo Und Secu (Inst	itle and ount of erlying urities tr. 3 and	Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	Owner Form of Deriva Securi Direct or Indi	Beneficial Ownersh (Instr. 4)  Ownersh (Instr. 4)	
				Code V	(A)				Date	Title	Number of Shares				
Repor	ting O	wners													

		Relationships						
Reporting Ow	Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
9800 F	ik Jason RICHMOND AVENUE, SUITE 700 TON, TX 77042			CAO & Controller				

### **Signatures**

/s/Jason Doornik by Michael G. Silver as Attorney-in-Fact	03/15/2022	
**Signature of Reporting Person	Date	

## **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).
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$5.75 to \$5.90. The reporting person (1) undertakes to provide to VAALCO Energy, Inc. (the "Issuer"), any security holder of the Issuer, 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 range set forth in this footnote.

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.