QEP RESOURCES, INC.

Form 4

October 04, 2016

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

2. Issuer Name and Ticker or Trading

OMB Number:

Expires:

5. Relationship of Reporting Person(s) to

displays a currently valid OMB control

3235-0287

OMB APPROVAL

January 31, 2005

0.5

Estimated average burden hours per response...

Check this box if no longer subject to Section 16. Form 4 or Form 5

SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations

Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

Murr Austin S.			Symbol QEP RESOURCES, INC. [QEP]				C	Issuer			
(Last) (First) (Middle)			3. Date of Earliest Transaction (Month/Day/Year) 09/30/2016					(Check all applicable) Director 10% OwnerX_ Officer (give title Other (specify below) Senior VP			
				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)	Tak	ole I - Non-	Derivative	Secur	rities Acq	uired, Disposed	of, or Benefic	ially Owned	
1.Title of Security (Instr. 3)	2. Transaction Dat (Month/Day/Year)		Date, if	Code (Instr. 8)	4. Securit or(A) or Dis (Instr. 3, 4	sposed	l of (D) 5) Price	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	09/30/2016			F	12,247 (1)	D	\$ 19.53	88,609	D		
Common Stock								4,053.4 (2)	I	Employee Investment Plan	
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.											
Persons who respond to the collection of sinformation contained in this form are not required to respond unless the form							SEC 1474 (9-02)				

number.

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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. 5. Number of TransactionDerivative Code Securities (Instr. 8) 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 Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amoun Number Shares
Phantom Stock Units	\$ 0					<u>(3)</u>	(3)	Phantom Stock Units	2,667
Phantom Stock Units	\$ 0	09/30/2016		M	18,489 (4)	<u>(5)</u>	<u>(5)</u>	Phantom Stock Units	16,7
Stock Option	\$ 31.74					09/30/2016 <u>(6)</u>	02/13/2021	Common Stock	9,9
Stock Option	\$ 21.69					09/30/2016 <u>(6)</u>	02/12/2022	Common Stock	19,0
Stock Option	\$ 10.12					09/30/2016 <u>(6)</u>	02/16/2023	Common Stock	17,

Reporting Owners

Reporting Owner Name / Address	Relationships

Director 10% Owner Officer Other

Murr Austin S.

1050 17TH STREET SUITE 800

Senior VP

DENVER, CO 80265

Signatures

/s/Dane E. Allen, Attorney in Fact 10/04/2016

**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).
- (1) I received a distribution of formerly restricted shares of stock pursuant to an amended award agreement executed on September 30, 2016 in conjunction with my retirement from the company and made an advance election to satisfy my tax payment obligations.
- (2) Between March 7, 2016 and May 20, 2016, I acquired 201.9 shares of common stock under the Company's 401(k) plan.

Reporting Owners 2

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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

- (3) 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.
- (4) Pursuant to QEP's Cash Incentive Plan, I forfeited these shares upon my retirement.
- (5) These phantom units are associated with QEP's Cash Incentive Plan.
- (6) These options vested on September 30, 2016 pursuant to an amended award agreement executed on September 30, 2016 in conjunction with my retirement.

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.