FORM 4	4
--------	---

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

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

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response... 0.5

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 Type Responses)											
1. Name and Address of Reporting F KROHN TRACY W	2. Issuer Name and Ticker or Trading Symbol W&T OFFSHORE INC [WTI]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director X 10% Owner				
(Last) (First) NINE GREENWAY PLAZA	(Middle) , SUITE 300	3. Date of Earliest 08/23/2019	3. Date of Earliest Transaction (Month/Day/Year) 08/23/2019					X Officer (give title below) Other (specify below) Chairman, CEO & President			
(Street) HOUSTON, TX 77046	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)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Date, if		v	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) (A) (A) (C) (A) (C) (C) (C) (C) (C) (C) (C) (C) (C) (C			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		Beneficial Ownership	
Common Stock	08/23/2019		Р		100,000	А	\$ 4.06	46,371,586 (1)	D		

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

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 control number.

SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

					- F	,	Denenity	
(e	σ nuts	calls	warrants	ontions	conver	tihle s	securities)	

	(e.g., puts, cans, warrants, options, convertible securities)														
1. Title of	2.	3. Transaction	3A. Deemed	4.		5.		6. Date Exer	cisable	7. Tit	le and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transactio	on	Numł	ber	and Expiration	on Date	Amo	unt of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code		of		(Month/Day	/Year)	Unde	rlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)		Deriv	ative			Secu	rities	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative					Secur				(Instr	. 3 and			2	(Instr. 4)
	Security					Acqu				4)			0	Direct (D)	
						(A) 01							- F	or Indirect	
						Dispc							Transaction(s)		
						of (D)							(Instr. 4)	(Instr. 4)	
						(Instr	· · · ·								
					•	4, and	l 5)								
											Amount				
								Data	Expiration		or				
								Date Exercisable		Title	Number				
								Exercisable	Date		of				
				Code	V	(A)	(D)				Shares				

Reporting Owners

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
KROHN TRACY W NINE GREENWAY PLAZA, SUITE 300 HOUSTON, TX 77046	Х	Х	Chairman, CEO & President				

Signatures

/s/ By Shahid Ghauri, attorney-in-fact for Tracy W. Krohn	08/26/2019
***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).
- Includes shares held by the Tracy William Krohn Living Trust, dated May 31, 2012, the Tracy William Krohn 2008 JFF Trust, dated December 3, 2011 and the Tracy (1) William Krohn Exempt AKF Descendant's Trust, dated November 1, 2012. Tracy W. Krohn is the beneficiary and trustee and exercises sole voting and dispositive power over the shares held by these trusts.

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.