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Hastings Jet Form 4 April 16, 20 FORN Check th if no lor subject to Section Form 4 Form 5 obligation may cor <i>See</i> Inst 1(b).	19 A 4 UNITED his box his box his box to 16. or StateM Filed pur Section 17(IENT OF suant to Se (a) of the P	Wa CHAN ection 1 ublic U	shington NGES IN SECUI .6(a) of th	, D.C. 20 BENEF RITIES ne Securit ding Con	549 ICIA ies E npany	LOW xchan y Act	COMMISSIO VNERSHIP O age Act of 1934 of 1935 or Sect 940	PN OMB Numb Expire Estima burde respon	er: es: ated av n hour	verage	287
1. Name and Hastings Je	5	2. Issuer Name and Ticker or Trading Symbol SAExploration Holdings, Inc. [SAEX]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
(3. Date of Earliest Transaction (Month/Day/Year) 04/12/2019					X Director 10% Owner X Officer (give title Other (specify below) below) Chairman and CEO				
				endment, D nth/Day/Yea	-		 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)	Tab	le I - Non-l	Derivative	Secur	ities A	cquired, Disposed	of, or Ben	eficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	ansaction Date 2A. Deemed			Code (D) ear) (Instr. 8) (Instr. 3, 4 and 5) (A) or							
Common Stock	04/12/2019			M	78,880	(D) A	Price (<u>1)</u>	135,538	D			
Common Stock	04/12/2019			F	19,160	D	\$ 3.8	116,378	D			
Common Stock								1,350	I	dis and con Sp Se Inv	rough positive d voting ntrol of eculative ismic vestment CC (2)	e

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Common Stock						1,20)1 I		Through dispositive and voting control of CLCH, LL (3)	;		
Reminder: Report on a separate line for each class of securities beneficia					ally 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 (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)	e 3A. Deemed Execution Date, if any (Month/Day/Year)	Code	TransactiorDerivative Code Securities			cisable and ate 'Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)8.0. (Instr. 3 and 4)0.00000000000000000000000000000000000			
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		
Restricted Stock Unit	(1)	04/12/2019		М	78,8	80	(4)	(4)	Common Stock	78,880		
Report	ting Ov	wners										
Relationships												
Reporting Owner Name / Address Directo		10% Owner Of	r Officer Other									
Hastings Jeff 4860 25TH ST SE		Х	C	hairman and CEO								

4860 25TH ST SE CALGARY, A0 T2B 3M2

Signatures

Jeff Hastings 04/16/2019 **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).
- (1) Restricted stock units ("RSUs") convert into shares of common stock on a one-for-one basis.

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- (2) Speculative Seismic Investments, LLC is a Texas limited liability company controlled by the Reporting Person.
- (3) CLCH, LLC is an Alaska limited liability company controlled by the Reporting Person.

These RSUs were issued pursuant to the 2018 Amended and Restated Long-Term Incentive Plan as additional management incentive plan ("MIP") awards due under the terms of the employment agreement between the Company and the reporting person (the "True-Up MIP")

(4) ("MIP") awards due under the terms of the employment agreement between the Company and the reporting person (the "The-Op MIP") Awards"). These True-Up MIP Awards vest 50% on April 12, 2019 and 50% on January 29, 2021. These RSU's represent the 50% that vested on April 12, 2019.

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.