VAALCO ENERGY INC /DE/ Form 8-K March 28, 2019

UNITED STATES

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d)

of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): March 28, 2019

VAALCO Energy, Inc.

(Exact name of registrant as specified in its charter)

Delaware 001-32167 76-0274813 (State or other jurisdiction (Commission (IRS Employer

of incorporation) File Number)

Identification

No.)

9800 Richmond Avenue, Suite 700

Houston, Texas 77042 (Address of principal executive offices) (Zip Code)

Registrant's telephone number, including area code: (713) 623-0801

Not	An	nlica	able
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(Former Name or former address if changed since last report.)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

Emerging growth company

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act.

Item 7.01 Regulation FD Disclosure

On March 28, 2019, VAALCO Energy, Inc. (the "Company) issued a press release providing an operational update. A copy of the Company's press release is furnished as Exhibit 99.1 to this Current Report on Form 8-K.

The information set forth in this Item 7.01 and in the attached Exhibit 99.1 shall not be deemed "filed" for purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or otherwise subject to the liabilities of that section, or incorporated by reference into any filing under the Securities Act of 1933, as amended, or the Exchange Act, except as shall be expressly set forth by specific reference in such filing.

Item 9.01 Financial Statements and Exhibits.

Item 9.01Financial Statements and Exhibits.

(d)Exhibits.

Exhibit Number Description

99.1 Press Release, dated March 28, 2019

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

VAALCO Energy, Inc. (Registrant)

Date: March 28, 2019

By: /s/ Elizabeth D. Prochnow Name: Elizabeth D. Prochnow Title: Chief Financial Officer

Exhibit Index

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Exhibit Number Description

99.1 Press Release, dated March 28, 2019