

Laredo Petroleum Holdings, Inc.
Form 4
November 25, 2013

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
SCHUYLER JERRY R

2. Issuer Name and Ticker or Trading Symbol
Laredo Petroleum Holdings, Inc.
[LPI]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
15 W. SIXTH STREET, SUITE 1800
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
11/21/2013

____ Director
____ Officer (give title below) Other (specify below)
Senior Advisor

TULSA, OK 74119

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 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)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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)	
				Code	V	Amount	(A) or (D)	Price
Common Stock	11/21/2013	11/21/2013	S		61,535	D		\$ 29.17 (1)
Common Stock	11/22/2013	11/22/2013	S		4,517	D		\$ 29.17 (1)
Common Stock	11/22/2013		M		24,012	A		\$ 24.11
Common Stock	11/22/2013		S		24,012	D		\$ 28.86

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Common Stock	11/22/2013	M	44,742	A	⁽¹⁾ \$ 17.34	346,913	D
Common Stock	11/22/2013	S	44,742	D	⁽¹⁾ \$ 28.93	302,171	D
Common Stock	11/25/2013	S	1,700	D	⁽¹⁾ \$ 25.11	300,471	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.

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(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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (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)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Stock Option (Right to buy)	\$ 24.11	11/22/2013		M	24,012	02/03/2013 ⁽²⁾	02/03/2022	Common Stock	24,012
Stock Option (Right to buy)	\$ 17.34	11/22/2013		M	44,742	02/15/2014 ⁽²⁾	02/15/2023	Common Stock	44,742

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SCHUYLER JERRY R 15 W. SIXTH STREET, SUITE 1800 TULSA, OK 74119				Senior Advisor

Signatures

/s/ Kenneth E. Dornblaser, as attorney-in-fact for Jerry R. Schuyler

11/25/2013

__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 an average weighted price. The reporting person undertakes to provide Laredo Petroleum Holdings, Inc. ("Laredo"), any security holder of Laredo, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price.

(1) Pursuant to Mr. Schuyler's retirement benefits approved by the Compensation Committee of the Board of Directors, the exercise date on the subject options was accelerated to November 21, 2013.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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