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QEP RESOU Form 4	RCES, INC.										
August 08, 20	013										
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION								NT.	OMB APPROVAL		
	Washington, D.C. 20549				COMINISSIO	N OMB Number:	3235-0287				
Check this if no long subject to Section 10 Form 4 or Form 5 obligation	er STATEM 5. Filed purs	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,						Estimated burden he response	Estimated average burden hours per response 0.		
may conti See Instru 1(b).	nue. Section 17(2			•	•	pany Act y Act of 19	of 1935 or Secti 940	ion			
(Print or Type R	esponses)										
1. Name and Address of Reporting Person <u>*</u> Fiala Margo D			2. Issuer Name and Ticker or Trading Symbol QEP RESOURCES, INC. [QEP]				5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (M	liddle)	3. Date of Earliest Transaction				(Check all applicable)				
1050 17TH STREET, SUITE 500			(Month/Day/Year) 08/07/2013				Director 10% Owner X Officer (give title Other (specify below) below) VP				
(Street)			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 					
DENVER, C	0 80265						Person				
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative S	Securities A	cquired, Disposed	of, or Benefic	ially Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any		3. Transactio Code (Instr. 8) Code V	Disposed (Instr. 3, 4	(A) or of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
Common Stock						(2) 11100	16,916	D			
Common Stock							587.362	I	Employee Investment Plan		

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

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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. Transactio Code (Instr. 8)	5. Number orDerivative Securities Acquired (<i>A</i> Disposed o (Instr. 3, 4, 5)	A) or f (D)	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	Amount or Number of Shares
Phantom Stock Units	\$ 0	08/07/2013		А	22.8945		<u>(1)</u>	<u>(1)</u>	Phantom Stock Units	22.8945
Phantom Stock Units	\$ 0						(2)	<u>(2)</u>	Phantom Stock Units	12,496
Stock Option	\$ 30.9						(3)	02/13/2019	Common Stock	8,709
Stock Option	\$ 30.12						<u>(4)</u>	02/13/2020	Common Stock	9,792
Stock Option	\$ 39.07						(5)	02/25/2018	Common Stock	6,276

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Reporting Owners

Reporting Owner Name / Address	Relationships						
I S S S S S S S S S S S S S S S S S S S	Director	10% Owner	Officer	Othe			
Fiala Margo D 1050 17TH STREET, SUITE 500 DENVER, CO 80265			VP				
Signatures							
/s/ Abigail L. Jones, Attorney in Fact	08	8/08/2013					

<u>**</u>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).

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

- (1) 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.
- (2) These phantom stock units are associated with QEP's Long Term Cash Incentive Plan.

- (3) The option vests in three annual installments beginning on March 5, 2013, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.
- (4) The option vests in three annual installments beginning on March 5, 2014, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.
- (5) The option vests in three annual installments which began on March 5, 2012, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.

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.