

## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934  
 or Section 30(h) of the Investment Company Act of 1940

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

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

|                                           |  |  |                                                          |  |                                                                                                                                                                                                                 |  |
|-------------------------------------------|--|--|----------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| 1. Name and Address of Reporting Person * |  |  | 2. Issuer Name and Ticker or Trading Symbol              |  | 5. Relationship of Reporting Person(s) to Issuer<br>(Check all applicable)                                                                                                                                      |  |
| KROHN TRACY W                             |  |  | W&T OFFSHORE INC [ WTI ]                                 |  | <input checked="" type="checkbox"/> Director <input checked="" type="checkbox"/> 10% Owner<br><input checked="" type="checkbox"/> Officer (give title below) Other (specify below)<br>Chairman, CEO & President |  |
| (Last) (First) (Middle)                   |  |  | 3. Date of Earliest Transaction (Month/Day/Year)         |  |                                                                                                                                                                                                                 |  |
| 5718 WESTHEIMER RD, SUITE 700             |  |  | 05/16/2026                                               |  |                                                                                                                                                                                                                 |  |
| (Street)                                  |  |  | 4. If Amendment, Date of Original Filed (Month/Day/Year) |  | 6. Individual or Joint/Group Filing (Check Applicable Line)                                                                                                                                                     |  |
| HOUSTON TX 77057                          |  |  |                                                          |  | <input checked="" type="checkbox"/> Form filed by One Reporting Person<br>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                    | 05/16/2026                           |                                                    | M                              |   | 361,582                                                           | A <sup>(1)</sup> | <sup>(2)</sup> | 1,421,780                                                                                     | D                                                        |                                                       |
| Common Stock                    | 05/16/2026                           |                                                    | F                              |   | 141,494                                                           | D                | \$4.75         | 1,280,286                                                                                     | D                                                        |                                                       |
| Common Stock                    |                                      |                                                    |                                |   |                                                                   |                  |                | 47,746,394                                                                                    | I                                                        | By Trusts <sup>(3)</sup>                              |

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 Securities Underlying Derivative Security (Instr. 3 and 4) |                            | 8. Price of Derivative Security (Instr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4) | 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) |
|--------------------------------------------|--------------------------------------------------------|--------------------------------------|----------------------------------------------------|--------------------------------|---|----------------------------------------------------------------------------------------|---------|----------------------------------------------------------|-----------------|-----------------------------------------------------------------------------------|----------------------------|--------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------|
|                                            |                                                        |                                      |                                                    | Code                           | V | (A)                                                                                    | (D)     | Date Exercisable                                         | Expiration Date | Title                                                                             | Amount or Number of Shares |                                            |                                                                                                    |                                                           |                                                        |
| Restricted Stock Units                     | <sup>(2)</sup>                                         | 05/16/2026                           |                                                    | M                              |   |                                                                                        | 361,582 | <sup>(1)</sup>                                           | <sup>(1)</sup>  | Common Stock                                                                      | 361,582                    | \$0                                        | 723,164                                                                                            | D                                                         |                                                        |

## Explanation of Responses:

- On May 16, 2026, the reporting person's 361,582 restricted stock units, which were granted on May 16, 2026, vested, and the reporting person received 361,582 shares of common stock. This represents the vesting of the first tranche of the grant.
- Each restricted stock unit represents a contingent right to receive one share of common stock or its cash equivalent, as determined at the time of settlement by WTI. Each grant of restricted stock units vests in three installments.
- Includes shares held by the Tracy William Krohn Living Trust, the Tracy William Krohn 2008 JFF Trust and the Tracy William Krohn Exempt AKF Descendant's Trust. The reporting person is the beneficiary and trustee and exercises sole voting and dispositive power over the shares held by these trusts.

/s/ Steven Lackey, as attorney-in-fact 05/19/2026

\*\* Signature of Reporting Person Date

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

\* 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).

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

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 Number.