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

| OMB APPROVAL        |           |  |  |  |  |  |
|---------------------|-----------|--|--|--|--|--|
| OMB Number:         | 3235-0287 |  |  |  |  |  |
| Estimated average I | ourden    |  |  |  |  |  |
| hours per response. | 0.5       |  |  |  |  |  |

longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

| (Print or Type   | e Responses)  |      |                                 |   |         |   |   |  |   |   |  |                                 |  |  |  |
|--|---|------|---------------------------------|---|---------|---|---|--|---|---|--|---------------------------------|--|--|--|
| 1. Name and Address of Reporting Person Schroeder Stephen L  (Last) (First) (Middle)  5718 WESTHEIMER RD, SUITE 700  (Street)  HOUSTON, TX 77057  (City) (State) (Zip) |   |      | ,                               | 2. Issuer Name and Ticker or Trading Symbol     W&T OFFSHORE INC [WTI]  3. Date of Earliest Transaction (Month/Day/Year)     06/28/2021  4. If Amendment, Date Original Filed(Month/Day/Year)  Table I - Non-Derivative Securities Acqu |         |   |   |  | 5. R  | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director (Check all applicable)  10% Owner  X Officer (give title below)  SVP & Chief Technical Officer  6. Individual or Joint/Group Filing(Check Applicable Line)  X Form filed by One Reporting Person Form filed by More than One Reporting Person |  |                                 |  |  |  |
|  |   |      | '                               |   |         |   |   |  | _x  |   |  |                                 |  |  |  |
|  |   |      | 4                               |   |         |   |   |  | _X_   |   |  |                                 |  |  |  |
|  |   |      | (Zip)                           |   |         |   |   |  | es Acquired   |   |  |                                 |  |  |  |
| 1.Title of Sec<br>(Instr. 3)   | curity  | 1    |                                 | 2A. Deemed<br>Execution Da<br>any<br>(Month/Day/  |         | (Instr. 8   |   | (A) or Dispos  |   | uired 5. A Owr Tran   | 5. Amount of Securities Beneficially<br>Owned Following Reported<br>Transaction(s)<br>(Instr. 3 and 4) |                                 | eneficially 6<br>d C   | 6. 7.1<br>Ownership of Form: Be  | eneficial<br>wnership                            |
|  |   |      |                                 |   |         | Co  | ode   | V Amo  | unt (A) or (D)  | Price   |  |                                 | (  | Instr. 4)  | isu. 4)  |
|  |   |      |                                 |   |         |   |   |  | in this for   | m are not   | required   | to respond                      | d unless the   | SEC 14'  | 74 (7-02)  |
|  |   |      | Table II                        | Doningting  | . C     |   |   | contained<br>form displ  | in this for<br>ays a curr   | m are not<br>ently valid  | required<br>OMB co   |                                 | d unless the   | SEC 14   | 74 (7-02)  |
| 1. Title of<br>Derivative<br>Security<br>(Instr. 3)  | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security |      | 3A. Deemed<br>Execution Date, i | 4. Transac Code   | etion ( | warran<br>. Numbe   | equire<br>ts, op<br>er<br>ative<br>s<br>(A) | contained<br>form displed, Disposed<br>otions, conve                                 | in this for ays a curred of, or Benertible securions able ion Date        | m are not rently valid  | required OMB convined Amount   | to respond<br>ntrol numb        | d unless the   |  | 11. Natur  |
| Derivative<br>Security   | Conversion<br>or Exercise<br>Price of<br>Derivative                   | Date | 3A. Deemed<br>Execution Date, i | 4. Transac Code   | etion ( | warran  5. Number of Derivation Derivation Acquired or Disposed (D) | equire<br>ts, op<br>er<br>ative<br>s<br>(A) | contained<br>form displed, Disposed<br>otions, conve<br>6. Date Exer<br>and Expirati | in this for ays a curr of of, or Benertible securicisable on Date //Year) | m are not a cently valid eficially Ownities)  7. Title and of Underlying Securities   | required OMB convined Amount   | 8. Price of Derivative Security | 9. Number of<br>Derivative<br>Securities<br>Beneficially<br>Owned<br>Following | Ownership<br>Form of<br>Derivative<br>Security:<br>Direct (D)<br>or Indirect | 11. Natur<br>of Indirec<br>Beneficia<br>Ownershi |

|   | Relationships |              |                               |       |  |
|---|---------------|--------------|-------------------------------|-------|--|
| Reporting Owner Name / Address  | Director      | 10%<br>Owner | Officer                       | Other |  |
| Schroeder Stephen L<br>5718 WESTHEIMER RD, SUITE 700<br>HOUSTON, TX 77057 |               |              | SVP & Chief Technical Officer |       |  |

# **Signatures**

| /s/ By Shahid Ghauri, attorney-in-fact for Stephen L. Schroeder | 06/30/2021 |
|---|------------|
| **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).
- (1) Each restricted stock unit represents a contingent right to receive one share of WTI common stock or its cash equivalent.
- The restricted stock units will vest 1/3 on January 1, 2022, 1/3 on January 1, 2023, and 1/3 on January 1, 2024, in each case, subject to continued service and employment throughout the applicable vesting period.

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.