CARRIZO Form 4 May 30, 20	OIL & GAS INC								
FOR	ЛЛ							OMB AP	PROVAL
FUNI	VI 4 UNITED	STATES SECU W	JRITIES A ashington,			NGE CON	MMISSION	OMB Number:	3235-0287
if no lo subject Section Form 4 Form 5 obligati may co	to 16. or Filed pu ions Section 17.	MENT OF CHA rsuant to Section (a) of the Public 30(h) of the	NGES IN I SECUR 16(a) of the Utility Hold	Expires: January 3 200 Estimated average burden hours per response 0.					
(Print or Type	e Responses)								
1. Name and BOLING	Address of Reporting PAUL F	Symbo	RIZO OIL &			0	Relationship of F uer (Check	Reporting Perso all applicable)	
(Last) 500 DALL 2300	(First) ((Month	of Earliest Tra /Day/Year) /2014	ansaction			Director <u>Officer</u> (give t ow) CFO, VP, S		Owner · (specify surer
HOUSTO	(Street) N, TX 77002		nendment, Da Ionth/Day/Year)	-		Ap _X 	Individual or Join plicable Line) _ Form filed by Or _ Form filed by Mo	ne Reporting Per	son
(City)	(State)	(Zip) Ta	ble I - Non-D	erivative S	Securi		son ed, Disposed of,	or Beneficially	v Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed	3. Transaction Code (Instr. 8)	4. Securit or Dispos (Instr. 3, 4	ies Ac ed of 6 4 and 3 (A) or	quired (A) (D) 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)
Common	05/00/2014			Amount	(D)	Price			
Stock	05/29/2014		М	7,154	А	\$0	43,754	D	
Common Stock	05/29/2014		М	11,330	А	\$ 0	55,084	D	
Common Stock	05/29/2014		М	11,807	А	\$ 0	66,891	D	
Common Stock	05/30/2014		S <u>(1)(2)</u>	12,123	D	\$ 57.4817 (3)	54,768	D	
	05/30/2014		S (1)(2)	600	D		54.168	D	

Common Stock					\$ 58.1317 (4)		
Common Stock	05/29/2014	M <u>(1)</u>	2,915	A (5)	\$ 37.99	57,083	D
Common Stock	05/29/2014	D <u>(1)</u>	2,915	D (5)	\$ 57.645	54,168	D
Common Stock	05/29/2014	M <u>(1)</u>	6,896	A (5)	\$ 25.56	61,064	D
Common Stock	05/29/2014	D <u>(1)</u>	6,896	D (5)	\$ 57.645	54,168	D
Common Stock	05/29/2014	M <u>(1)</u>	7,989	A (5)	\$ 28.68	62,157	D
Common Stock	05/29/2014	D <u>(1)</u>	7,989	D (5)	\$ 57.645	54,168	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.

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 of onDerivative 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 Underlying Securitie (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amour or Numbe of Sha
Restricted Stock Unit	\$ 0	05/29/2014		М	7,154	(6)	(6)	Common Stock	7,15
Restricted Stock Units	\$ 0	05/29/2014		М	11,330	(7)	(7)	Common Stock	11,33
Restricted Stock Units	\$ 0	05/29/2014		М	11,807	(8)	(8)	Common Stock	11,80
Stock Appreciation Rights	\$ 37.99	05/29/2014		M <u>(1)</u>	2,915 (9)	(10)	07/14/2015	Common Stock	2,91

Stock Appreciation Rights	\$ 25.56	05/29/2014	M <u>(1)</u>	6,896 (9)	(11)	05/18/2016	Common Stock	6,89
Stock Appreciation Rights	\$ 28.68	05/29/2014	M <u>(1)</u>	7,989 (9)	(12)	06/18/2017	Common Stock	7,98

Reporting Owners

Reporting Owner Name / Addres	Relationships							
	Director	10% Owner	Officer	Other				
BOLING PAUL F 500 DALLAS STREET SUITE 2300 HOUSTON, TX 77002			CFO, VP, Secretary, Treasurer					
Signatures								

/s/Paul F. Boling 05/30/2014 <u>**</u>Signature of Date

Reporting Person 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) The transactions reported in this Form 4 were effected in accordance with Rule 10b5-1.
- (2) The sales reported in this Form 4 were effected to satisfy the reporting person's federal income tax obligations with respect to the vesting of equity awards.

(3) The price reported in Column 4 is a weighted average price. The reporting person undertakes to provide to the issuer, any security holder of the issuer or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this Form 4. These shares were sold in multiple transactions at prices ranging from \$57.07 to \$58.06, inclusive.

(4) The price reported in Column 4 is a weighted average price. The reporting person undertakes to provide to the issuer, any security holder of the issuer or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this Form 4. These shares were sold in multiple transactions at prices ranging from \$58.07 to \$58.20, inclusive.

The presentation requirements of Form 4 present the exercise of cash-only stock appreciation rights as an acquisition and disposition of
 common stock. Contrary to this presentation, these derivative instruments were originally awarded as cash-only stock appreciation rights and accordingly were settled solely in cash. No actual shares of common stock were issued to or sold by the reporting person.

- (6) Each restricted stock unit was automatically converted into one share of common stock. These restricted stock units vested in three equal installments on May 29, 2012, May 29, 2013, and May 29, 2014.
- (7) Each restricted stock unit represents a contingent right to receive one share of common stock. These restricted stock units vested, or will vest, in three equal installments on May 29, 2013, May 29, 2014 and May 29, 2015.
- (8) Each restricted stock unit represents a contingent right to receive one share of common stock. These restricted stock units vested, or will vest, in three equal installments on May 29, 2014, May 29, 2015 and May 29, 2016.
- (9) These stock appreciation rights are settled solely in cash.
- (10) These stock appreciation rights vested in three installments of 40%, 40% and 20% on May 29, 2012, May 29, 2013 and May 29, 2014, respectively.

(11) These stock appreciation rights vested, or will vest, in three installments of 40%, 40% and 20% on May 29, 2013, May 29, 2014 and May 29, 2015, respectively.

(12) These stock appreciation rights vested, or will vest, in three equal installments on May 29, 2014, May 29, 2015 and May 29, 2016.

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.