

Lindeman Steven W
 Form 4
 February 21, 2019

FORM 4

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

OMB APPROVAL

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Check this box if no 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, 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 *
 Lindeman Steven W

2. Issuer Name and Ticker or Trading Symbol
 CABOT OIL & GAS CORP [COG]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 840 GESSNER ROAD, SUITE 1400

3. Date of Earliest Transaction
 (Month/Day/Year)
 02/19/2019

____ Director
 Officer (give title below)
 ____ 10% Owner
 ____ Other (specify below)

Sr Vice Pres, South Reg & Eng

(Street)

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

HOUSTON, TX 77024

(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 Ownership (Instr. 4)
				(A) or (D) Code V Amount Price			
Common Stock	02/19/2019		A ⁽¹⁾	7,321 A \$ 0	160,684	D	
Common Stock	02/19/2019		F	2,881 D \$ 25.18	157,803	D	
Common Stock	02/19/2019		A ⁽²⁾	3,540 A \$ 0	161,343	D	
Common Stock	02/19/2019		F	1,393 D \$ 25.18	159,950	D	
Common Stock	02/19/2019		A ⁽³⁾	4,301 A \$ 0	164,251	D	

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Common Stock	02/19/2019	F	1,693	D	\$ 25.18	162,558	D	
Common Stock						24,385 ⁽⁴⁾	I	Held in 401(k) 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. 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
Performance Shares	\$ 0	02/19/2019		A	28,858	⁽⁵⁾ 12/31/2021	Common	28,858

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Lindeman Steven W 840 GESSNER ROAD, SUITE 1400 HOUSTON, TX 77024			Sr Vice Pres, South Reg & Eng	

Signatures

Deidre L. Shearer, Attorney-in-Fact for Steven W. Lindeman
 **Signature of Reporting Person
 02/21/2019
 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) Vesting of hybrid performance shares granted on February 17, 2016.
- (2) Vesting of hybrid performance shares granted on February 22, 2017.

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- (3) Vesting of hybrid performance shares granted on February 21, 2018.
- (4) Based on a statement dated January 31, 2019 for shares held by the reporting person under the Cabot Oil & Gas Savings Investment Plan.
The performance shares provide for payment in common stock and cash in an amount ranging from 0-200% of the performance shares
- (5) awarded, based upon certain performance criteria over a three year performance period, beginning January 1, 2019 and ending December 31, 2021.

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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