

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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

1. Name and Address of Reporting Person* <u>Stanford Geoffrey C</u>			2. Issuer Name and Ticker or Trading Symbol <u>Quintana Energy Services Inc. [QES]</u>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Chief Accounting Officer</u>		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) <u>01/17/2020</u>			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
<u>1415 LOUISIANA STREET, SUITE 2900</u>			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street)	<u>HOUSTON TX</u>	<u>77002</u>						
(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	02/08/2020		M		2,500	A	\$0	35,786	D	
Common stock	02/08/2020		M		750	A	\$0	36,536	D	
Common stock	02/09/2020		M		4,167	A	\$0	40,703	D	
Common stock	02/09/2020		M		2,500	A	\$0	43,203	D	

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
Performance Share Unit	(1)	01/17/2020		A		7,500		(2)	(2)	Common stock	7,500	\$0	7,500	D	
Restricted Stock Unit	(3)	02/08/2020		M			2,500	(4)	(4)	Common stock	2,500	\$0	2,500	D	
Performance Share Unit	(1)	02/08/2020		M		750		(5)	(5)	Common stock	750	\$0	750	D	
Restricted Stock Unit	(3)	02/09/2020		M		4,167		(6)	(6)	Common stock	4,167	\$0	8,333	D	
Performance Share Unit	(1)	02/09/2020		M		2,500		(2)	(2)	Common stock	2,500	\$0	5,000	D	

Explanation of Responses:

- Each performance share unit represents the right to receive, upon vesting, one share of Company common stock.
- On January 17, 2020, the Compensation Committee determined that the reporting person earned 7,500 performance share units under the Company's 2018 Long Term Incentive Plan. The performance share units vest and are settled when they have performance vested in accordance with certain achieved performance goals that are based on the Company's achievement with respect to relative total stockholder return. Should the reporting person satisfy the service requirement applicable to such earned performance share unit, vesting shall occur in three equal installments beginning on February 9, 2020. Any performance share units that have not been earned at the end of a performance period shall be forfeited.
- Each restricted stock unit represents the right to receive, upon vesting, one share of Company common stock.
- On June 12, 2018, the reporting person was awarded a number of restricted stock units under the Company's 2018 Long Term Incentive Plan. The restricted stock units shall vest as follows: (i) one-third of the restricted stock units shall vest on the first anniversary of February 8, 2018, (ii) one-third of the restricted stock units shall vest on the second anniversary of February 8, 2018 and (iii) one-third of the restricted stock units shall vest on the third anniversary of February 8, 2018, in each case, so long as the reporting person remains continuously employed by, or continuously provides services to, the Company or an affiliate of the Company, as applicable, from the grant date through each such applicable vesting date.
- On June 12, 2018, the reporting person was awarded a number of performance share units under the Company's 2018 Long Term Incentive Plan. The performance share units vest and are settled when they have performance vested in accordance with certain achieved performance goals that are based on (i) the Company's achievement with respect to relative total stockholder return and (ii) the Company's achievement with respect to absolute total stockholder return. Should the reporting person satisfy the service requirement applicable to such earned performance share unit, vesting shall occur in equal installments on the first three anniversaries of the performance period commencement date. Any performance share units that have not been earned at the end of a performance period shall be forfeited.
- On January 24, 2019, the reporting person was awarded a number of restricted stock units under the Company's 2018 Long Term Incentive Plan. The restricted stock units shall vest as follows: (i) one-third of the restricted stock units shall vest on the first anniversary of February 9, 2019, (ii) one-third of the restricted stock units shall vest on the second anniversary of February 9, 2019 and (iii) one-third of the restricted stock units shall vest on the third anniversary of February 9, 2019, in each case, so long as the reporting person remains continuously employed by, or continuously provides services to, the Company or an affiliate of the Company, as applicable, from the grant date through each such applicable vesting date.

Remarks:

/s/ Max L. Bouthillette,
attorney-in-fact

02/11/2020

** 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.