# FORM 4

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

OMB APPROVAL

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

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

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 <sup>*</sup><br>Stanford Geoffrey C |         |                  | 2. Issuer Name <b>and</b> Ticker or Trading Symbol<br>Quintana Energy Services Inc. [ QES ] | 5. Relationship of Reporting Person(s) to Issuer<br>(Check all applicable)<br>Director 10% Owner       |
|---|---------|------------------|---|--|
| (Last) (First) (Middle)<br>1415 LOUISIANA STREET, SUITE 2900                |         | ( )              | 3. Date of Earliest Transaction (Month/Day/Year)<br>09/04/2019                              | X Officer (give title below) Other (specify below)   Chief Accounting Officer Chief Accounting Officer |
| ,<br>(Street)   |         |                  | 4. If Amendment, Date of Original Filed (Month/Day/Year)<br>09/04/2019                      | 6. Individual or Joint/Group Filing (Check Applicable Line)  |
| HOUSTON   | TX      | 77002            |   | X Form filed by One Reporting Person<br>Form filed by More than One Reporting                          |
| (City)  | (State) | (Zip)            |   | Person   |
|   |         | Table I - Non-De | rivative Securities Acquired Disposed of or Bene  | ficially Owned   |

### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3) | 2. Transaction<br>Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 3.<br>Transa<br>Code (l<br>8) |   | 4. Securities Acquired (A) or<br>Disposed Of (D) (Instr. 3, 4 and 5) |               |                               | Securities<br>Beneficially         | Form: Direct<br>(D) or Indirect<br>(I) (Instr. 4) | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership |
|---------------------------------|--|---|-------------------------------|---|--|---------------|-------------------------------|------------------------------------|---|---|
|                                 |  |   | Code                          | v | Amount   | (A) or<br>(D) | Price                         | Transaction(s)<br>(Instr. 3 and 4) |   | (Instr. 4)  |
| Common stock                    | 09/04/2019                                 |   | Р                             |   | 2,800  | Α             | <b>\$1.499</b> <sup>(1)</sup> | 19,086                             | D   |   |

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transa<br>Code (<br>8) |   | 5. Number<br>of Expiration Date<br>Derivative<br>Securities<br>Acquired<br>(A) or<br>Disposed<br>of (D)<br>(Instr. 3, 4<br>and 5)<br>6. Date Exercisa<br>(Month/Day/Year<br>(Month/Day/Year) |     | ate                 | 7. Title<br>Amour<br>Securi<br>Underl<br>Deriva<br>Securi<br>and 4) | nt of<br>ties<br>ying<br>tive<br>ty (Instr. 3 | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 4) | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |  |
|---|---|--|---|------------------------------|---|--|-----|---------------------|---|---|---|--|--|--|--|
|   |   |  |   | Code                         | v | (A)  | (D) | Date<br>Exercisable | Expiration<br>Date  | Title   | Amount<br>or<br>Number<br>of<br>Shares              |  |  |  |  |

#### Explanation of Responses:

1. The price reported in Column 4 is a weighted average price. These shares were acquired in multiple transactions at prices ranging from \$1.425 to \$1.633, inclusive. The reporting person undertakes to provide to Quintana Energy Services Inc., any security holder of Quintana Energy Services Inc., 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 range set forth above.

### **Remarks:**

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

09/04/2019

\*\* 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.