DINGES DAN O

Form 4

November 06, 2017

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

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OMB APPROVAL

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obligations

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 may continue.

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

See Instruction

1. Name and Address of Reporting Person * DINGES DAN O			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)	3. Date of Earliest Transaction	, , ,		
			(Month/Day/Year)	X Director 10% Owner		
840 GESSNER	ROAD, SUI	ITE 1400	11/02/2017	_X_ Officer (give title Other (specify below) Chairman, President & CEO		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person		
HOUSTON, T	X 77024			Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tab	le I - Non-l	Derivative S	ecurit	ies Acqui	ired, Disposed of	, or Beneficial	ly 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 our Dispose (Instr. 3, 4	d of (L))	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common			Code V	Amount	(D)	Price \$	(Instr. 3 and 4)		
Stock	11/02/2017		M	180,548	A	10.19	2,887,018	D	
Common Stock	11/02/2017		D	65,801	D	\$ 27.96	2,821,217	D	
Common Stock	11/02/2017		F	48,137	D	\$ 27.96	2,773,081	D	
Common Stock	11/02/2017		S	66,610	D	\$ 27.92 (1)	2,706,471	D	
Common Stock	11/02/2017		M	114,256	D	\$ 17.59	2,820,727	D	

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Common Stock	11/02/2017	D	71,906	A	\$ 27.95	2,748,821	D	
Common Stock	11/02/2017	F	17,766	D	\$ 27.95	2,731,055	D	
Common Stock						896,389	I	Held by trust

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474

(9-02)

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)	orDerivative		Derivative Expiration Date ecurities (Month/Day/Year) acquired (A) or disposed of (D) anstr. 3, 4, and		7. Title and Amoun Underlying Securiti (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amor Numl Share
Stock Appreciation Rights	\$ 10.19	11/02/2017		M		180,548	(2)	02/17/2018	Common Stock	180,
Stock Appreciation Rights	\$ 17.59	11/02/2017		M		114,256	(3)	02/16/2019	Common Stock	114,

Reporting Owners

Reporting Owner Name / Address		Relationships							
Fg	Director	10% Owner	Officer	Other					
DINGES DAN O 840 GESSNER ROAD, SUITE 1400 HOUSTON, TX 77024	X		Chairman, President & CEO						
Signatures									
Deidre L. Shearer, Attorney-in-Fact for Dinges	11/06/2017								
**Signature of Reporting Person		Date							

Reporting Owners 2

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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).
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$27.90 to \$27.96, inclusive. The reporting person undertakes to provide to Cabot Oil & Gas Corporation, any security holder of Cabot Oil & Gas
- Corporation, 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 in this footnote.
- (2) Stock Appreciation rights become exerciseable for common stock in increments of one-third on each of the first three anniversaries of the date of grant, which was 02/17/2011.
- (3) Stock Appreciation Rights became exerciseable for common stock in increments of one-third on each of the first three anniversaries of the date of grant, which was 02/16/2012.

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.