

OMB APPROVAL	
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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

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

1. Name and Address of Reporting Person* <u>IVASCU JOHN C</u> (Last) (First) (Middle) 10344 SAM HOUSTON PARK DRIVE SUITE 300 (Street) HOUSTON TX 77064 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>FORUM ENERGY TECHNOLOGIES, INC.</u> [FET]	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) EVP, General Counsel & CCO
	3. Date of Earliest Transaction (Month/Day/Year) 02/17/2023	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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	02/18/2023		M		5,720 ⁽¹⁾	A	\$0	45,533	D	
Common Stock	02/18/2023		F		2,442 ⁽²⁾	D	\$31.7	43,091	D	
Common Stock	02/18/2023		M		5,720 ⁽³⁾	A	\$0	48,811	D	
Common Stock	02/18/2023		F		2,250 ⁽⁴⁾	D	\$31.7	46,561	D	
Common Stock	02/19/2023		M		5,321 ⁽⁵⁾	A	\$0	51,882	D	
Common Stock	02/19/2023		M		5,321 ⁽⁵⁾	D	\$31.7	46,561	D	
Common Stock	02/19/2023		F		2,093 ⁽⁶⁾	D	\$31.7	44,468	D	
Common Stock	02/21/2023		F		1,416 ⁽⁷⁾	D	\$31.78	43,052	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	Amount or Number of Shares				
Phantom Restricted Stock Units	(8)	02/17/2023		A		11,830		(8)	(8)	Common Stock	11,830	\$0	11,830	D	
Phantom Restricted Stock Units	(1)	02/18/2023		M		5,720		(1)	(1)	Common Stock	5,720	\$0	11,440	D	
Performance Restricted Stock Units	(3)	02/18/2023		M		5,720		(3)	(3)	Common Stock	5,720	\$0	11,440	D	
Phantom Restricted Stock Units	(5)	02/19/2023		M		5,321		(5)	(5)	Common Stock	5,321	\$0	5,322	D	

Explanation of Responses:

- Reflects the vesting of restricted stock units granted on February 18, 2022.
- These shares were surrendered to satisfy the tax obligations related to the vesting of a phantom restricted stock unit award granted on February 18, 2022.
- Reflects the vesting of performance restricted stock units granted on February 18, 2022.
- These shares were surrendered to satisfy the tax obligations related to the vesting of performance restricted stock units granted on February 18, 2022.
- Reflects the vesting and cash settlement of phantom stock units granted on February 19, 2021.
- These shares were surrendered to satisfy the tax obligations related to the vesting of a restricted stock unit award granted on February 19, 2021.
- These shares were surrendered to satisfy the tax obligations related to the vesting of a restricted stock unit award granted on February 21, 2020.
- Represents an award of restricted stock units (the "Units") granted pursuant to the Company's Second Amended and Restated 2016 Stock and Incentive Plan (the "Plan"). Each Unit represents a contingent right to receive one share of Common Stock, or cash in lieu thereof, upon the vesting of the Units. The Units vest according to the following schedule: 1/3 vest on each of the first, second, and third anniversaries of the date of grant (2/17/2023). The Units will be forfeited upon a termination of employment prior to vesting, except in limited circumstances. The Units also include dividend equivalent rights that entitle the reporting person to the same dividends that would be payable were the shares of Common Stock underlying the Units actually outstanding at the time such dividends were issued. The credited dividends will be paid concurrently with the issuance of the shares of Common Stock to the reporting person.

Remarks:

John C. Ivascu

02/22/2023

** 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.