

# Section 1: 8-K (FORM 8-K)

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

## FORM 8-K

### CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (or Date of Earliest Event Reported): January 27, 2020

### SilverBow Resources, Inc.

(Exact name of Registrant as specified in its charter)

Delaware

(State or other jurisdiction  
of incorporation)

001-8754

(Commission  
File Number)

20-3940661

(IRS Employer  
Identification No.)

**575 North Dairy Ashford, Suite 1200**  
**Houston, Texas 77079**

(Address of principal executive offices)

**(281) 874-2700**

(Registrant's telephone number)

**Not Applicable**

(Former Name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Securities registered pursuant to Section 12(b) of the Act:

Title of each class	Trading Symbol(s)	Name of each exchange on which registered
Common Stock, par value \$0.01 per share	SBOW	New York Stock Exchange

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

Emerging growth company

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act.

**Item 5.02 Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers**

On January 27, 2020, Gary G. Buchta, Controller and designated principal accounting officer, informed SilverBow Resources, Inc. (“SilverBow Resources” or the “Company”) of his intention to retire, after serving the Company loyally in progressive positions of responsibility for over thirty years. Mr. Buchta will continue to serve as SilverBow Resources’ Controller and designated principal accounting officer, or in such other position as is mutually acceptable to Mr. Buchta and the Company, until his retirement effective on or about March 31, 2020.

Mr. Buchta’s retirement is not related to any financial performance, policy or control issues or any disagreements on accounting or financial reporting matters.

Accordingly, SilverBow Resources has commenced a search for a new Controller and principal accounting officer.

## SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

### **SilverBow Resources, Inc.**

Date: January 31, 2020

By: /s/ Christopher M. Abundis

Christopher M. Abundis  
Senior Vice President, Chief Financial  
Officer and General Counsel