

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*			2. Issuer Name and Ticker or Trading Symbol			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
<u>Abney Ryan</u>			<u>SAExploration Holdings, Inc. [SAEX]</u>			Director 10% Owner		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year)			X Officer (give title below)		
			<u>03/29/2019</u>			<u>VP - Finance</u>		
1160 DAIRY ASHFORD SUITE 160			4. If Amendment, Date of Original Filed (Month/Day/Year)			6. Individual or Joint/Group Filing (Check Applicable Line)		
(Street)						X Form filed by One Reporting Person		
<u>HOUSTON</u>	<u>TX</u>	<u>77079</u>				Form filed by More than One Reporting Person		
(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			
<u>Common Stock</u>								<u>11,286⁽¹⁾</u>	<u>D</u>	

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)
					(A)	(D)	Date Exercisable	Expiration Date					
<u>Restricted Stock Unit</u>	<u>(1)</u>						<u>(1)</u>	<u>(1)</u>	<u>Common Stock</u>	<u>(1)</u>	<u>12,946⁽¹⁾</u>	<u>D</u>	
<u>Restricted Stock Unit</u>	<u>(2)</u>	<u>03/29/2019</u>	<u>03/29/2019</u>	<u>A</u>	<u>4,453</u>		<u>(2)</u>	<u>(2)</u>	<u>Common Stock</u>	<u>4,453</u>	<u>\$0.00</u>	<u>17,399</u>	<u>D</u>
<u>Restricted Stock Unit</u>	<u>(3)</u>	<u>03/29/2019</u>	<u>03/29/2019</u>	<u>A</u>	<u>27,841</u>		<u>(3)</u>	<u>(3)</u>	<u>Common Stock</u>	<u>27,841</u>	<u>\$0.00</u>	<u>45,240</u>	<u>D</u>

Explanation of Responses:

- Adjusted to reflect the one-for-twenty reverse stock split that occurred on September 14, 2018.
- Restricted stock units ("RSUs") were issued pursuant to the SAExploration Holdings, Inc. (the "Company") Amended and Restated 2018 Long-Term Incentive Plan (the "Plan") as a long-term incentive award based on 2018 performance. The RSUs vest on September 29, 2020 and convert into shares of common stock on a one-for-one basis.
- These RSUs were issued pursuant to the Plan as additional management incentive plan ("MIP") awards due under the terms of the employment agreement between the Company and the reporting person (the "True-Up MIP Awards"). These True-Up MIP Awards vest 50% on April 12, 2019 and 50% on January 29, 2021 and will convert into shares of common stock on a one for one basis.

Remarks:

Ryan Abney 04/10/2019
 ** 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.