FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT	OF CHANGES	S IN BENEFIC	IAL OWNERS	HIP

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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* MYERS FRANKLIN				2. Issuer Name and Ticker or Trading Symbol NCS Multistage Holdings, Inc. [NCSM]									all app		g Pers	10% C	wner			
(Last) (First) (Middle) C/O NCS MULTISTAGE HOLDINGS, INC.				3. Date of Earliest Transaction (Month/Day/Year) 08/22/2019										Office	cer (give title ow)		Other (specify below)			
19450 STATE HIGHWAY 249, SUITE 200 (Street) HOUSTON TX 77070				4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					on		
(City)	(St	ate) (2	Zip)													1 010				
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																			
1. Title of Security (Instr. 3) 2. Transac Date (Month/Da				Execution Date,		Transaction Disposed Of (Code (Instr. 5)			es Acquired (A) o Of (D) (Instr. 3, 4 a			Securi Benefi Owned	cially I Following	Form (D) or	nership : Direct Indirect str. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)				
						Cod	v	Amount	(A) or D)	Price		Reported Transaction(s) (Instr. 3 and 4)				(instr. 4)			
Common	Stock			08/22/	/2019	2019		P		5,000		A	\$2.26		183,791(1)			D		
Common Stock 08/23/2				2019		P		10,00	0	Α	\$2.09(2)		193,791(1)			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)	Execution Date,			4. Transaction Code (Instr. 8)		n of l		6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4)			vative irity r. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	Oi Fo Di (I)). wnership orm: irect (D) r Indirect i (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exerci	sable	Expiration Date	Title	or	ount nber res						

Explanation of Responses:

1. Includes 19,824 vested restricted stock units and 1,960 restricted stock units which vest on April 27, 2020 and all of which settle within thirty days following the earliest of (i) one year following the termination of the Reporting Person's service for any reason other than cause, (ii) a change of control or (iii) the fifth anniversary of the grant date. Also, includes 22,007 restricted stock units which vest on February 28, 2020 and settle within thirty days of the vesting date.

2. The price reported is a weighted average price. These shares were purchased in multiple transactions at prices ranging from \$2.01 to \$2.10. The Reporting Person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares purchased at each separate price within the ranges set forth in this footnote.

> /s/ Kevin Trautner, attorney-in-08/23/2019 fact

** 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.