FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP
Instruction 1(b).	Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

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 MRC GLOBAL INC. [MRC]									neck all ap	ationship of Reportir call applicable) Director		10% (Owner
_	(Fi	,	Middle)			3. Date of Earliest Transaction (Month/Day/Year) 04/30/2019									Offi belo	cer (give title ow)	•	Other below	(specify)
(Street) HOUST(ON T	ζ 7	77010 Zip)		4. If	Ame	ndment	, Date o	of Original Filed (Month/Day/Year)						ie) <mark>X</mark> For	or Joint/Group Filing (Check Applicable In filed by One Reporting Person In filed by More than One Reporting In filed by More than One Reporting			
		Tabl	e I - No	n-Deriv	ative	Sec	curitie	s Ac	quired	, Dis	sposed o	f, or	Ben	eficia	lly Own	ed			
1. Title of Security (Instr. 3) 2. Transa Date (Month/E) Ex	2A. Deemed Execution Date, f any Month/Day/Year)		3. 4. Sec		Disposed	ties Acquired (A) of Of (D) (Instr. 3, 4		(A) or 3, 4 and	Securi Benefi Owner	cially I Following	Forr (D) (7. Nature of Indirect Beneficial Ownership		
									Code	v	Amount	(A) or (D) Pri		Price	Transa	Reported Transaction(s) (Instr. 3 and 4)			(Instr. 4)
Common	Stock			04/30	/2019				A		6,857(1))	A	\$0.0) 3	37,207 D			
Common	Stock														3,000 I See footnot				See footnote ⁽²⁾
		Та									osed of, onvertib				Owned	I		,	
1. Title of Derivative Security (Instr. 3)	tive Conversion or Exercise (Month/Day/Year) Price of Derivative Security Date (Month/Day/Year) (Month/Day/Year) Execution Date, if any (Month/Day/Year) (Month/Day/Year) 8)		Transa Code (Instr.	Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year) Date Exercisable Expiration Date			7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4) Amoun or Numbe of Title Shares		ount	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	у	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		

Explanation of Responses:

Remarks:

/s/ Ann D. Garnett, by power of attorney

05/01/2019

** 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.

^{1.} Represents shares of restricted common stock awarded to the reporting person on 4/30/2019 that will vest on 4/30/2020, conditioned on the reporting person's continued service as a director of the issuer and subject to (a) pro-rata vesting if the reporting person's service as a director terminates prior to 4/30/2020 and (b) accelerated vesting under certain circumstances.

^{2.} The 3,000 shares of Common Stock reported above are owned by Robert Wood TTE.