

**FORM 4**

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

OMB APPROVAL

OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

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

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 to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

1. Name and Address of Reporting Person* <u>Sills Stephen Jay</u> <hr/> (Last) (First) (Middle) C/O BOWHEAD SPECIALTY HOLDINGS INC. 452 FIFTH AVENUE <hr/> (Street) NEW YORK NY 10018 <hr/> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>Bowhead Specialty Holdings Inc. [ BOW ]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <p style="text-align: center;">CEO and President</p>
	3. Date of Earliest Transaction (Month/Day/Year) 05/22/2026	
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 Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	05/22/2026		F		24,353 <sup>(1)</sup>	D	\$28.46	838,926 <sup>(2)</sup>	D	
Common Stock								2,681	I	By Sills Family Trust 1
Common Stock								2,681	I	By Sills Family Trust 2
Common Stock								2,681	I	By Sills Family Trust 3
Common Stock								2,681	I	By Sills Family Trust 4
Common Stock								2,681	I	By Sills Family Trust 5
Common Stock								120,000	I	Stephen J. Sills 2024 I GRAT #5
Common Stock								75,000	I	By Stephen J. Sills 2024 I GRAT #4
Common Stock								97,911	I	By Stephen J. Sills 2024 I GRAT #3
Common Stock								72,000	I	By Stephen J. Sills Irrevocable Family GST

