FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

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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).

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

purchase or sale or issuer that is intended	conditions of Rule			
1. Name and Address  Mulcahey Bra	s of Reporting Person*		2. Issuer Name and Ticker or Trading Symbol Bowhead Specialty Holdings Inc. [ BOW ]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner  X Officer (give title Other (specify below) below)
(Last) C/O BOWHEAD 452 FIFTH AVE	(First)  SPECIALTY HOL  NUE	(Middle)  LDINGS INC.	3. Date of Earliest Transaction (Month/Day/Year) 02/21/2025	CFO and Treasurer
(Street) NEW YORK	NY	10018	4. If Amendment, Date of Original Filed (Month/Day/Year)	Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person     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. Transac Code (Ir 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			Securities Beneficially Owned	Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)		(11150.4)
Common Stock	02/21/2025		A		18,416(1)	A	\$0	113,483(2)	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	or Exercise Price of Derivative	Price of Derivative	3A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Code (Instr.		Derivative		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)	derivative Securities Beneficially Owned	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
			Code	v			Date Exercisable	ate Expiration Number o		Amount or Number of Shares						

# Explanation of Responses:

1. Reflects a grant of restricted stock units.

2. Includes 77,538 shares of common stock received on September 19, 2024, for no consideration, as part of a pro rata distribution in connection with the dissolution of Bowhead Insurance Holdings LP. Such acquisition was exempt from reporting pursuant to Rule 16a-9 of the Securities Exchange Act of 1934, as amended.

/s/ H. Matthew Crusey, as attorneyin-fact <u>02/25/2025</u>

Date

\*\* Signature of Reporting Person 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.