### FORM 4

# UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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

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 OF SECURITIES

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

														_		
, ,				2. Issuer Name <b>and</b> Ticker or Trading Symbol [TRECORA RESOURCES [TREC]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner					
A RES	(First) OURCES, 1650	O TITITITY C C	3. Date of Earliest Transaction (Month/Day/Year) 03/18/2022					X_ Officer (giv	ve title below)	CFO Oth	er (specify belo	w)				
D TX	(Street)		4. If Ame	Amendment, Date Original Filed(Month/Day/Year)  6. Individual or Joint/Group FilingCheck Applied  _X_Form filed by One Reporting Person  _Form filed by More than One Reporting Person					ne)							
D, 171	(State)	(Zip)			7	Гable I -	· Non-De	rivative	Securi	ties Acquir	red, Disposed	of, or Ben	eficially Own	ed		
r. 3) Date		Date	ar) any		ĺ	Code (Instr.	(A) or Dispose		d of (D) (5)	Owned Following Reported Transaction(s)		Form:	Beneficial			
			(Month/	Day/	y ear)		e V	Amount		or	Instr. 3 and 4	tr. 3 and 4)			Direct (D) Ownership or Indirect (I) (Instr. 4)	
		03/18/2022				M		3,900	A	<u>(1)</u> 3	31,515			D		
ζ		03/18/2022				F		1,170	D	\$ 8.67	30,345			D		
version	Date	3A. Deemed Execution Date, any	4. Transa Code	ction	5. No of Deri Secu Acqui (A) of Disp of (I (Inst	ivative urities uired or bosed D) tr. 3, 4,	6. Date and Exp	<b>converti</b> Exercisal iration D	ible sec ole oate	7. Title and	d Amount of g Securities		Derivative Securities Beneficially Owned Following Reported	Ownersl Form of Derivati Security Direct (I or Indirects)	Benefic Owners (Instr. 4	
			Code	V	(A)	(D)	Date Exercisa			Title	Amount or Number of Shares					
(1)	03/18/2022		M			3,900	(2)		(2)	Commor	n 3,900.00	\$ 0	70,630	D D		
v x e iv	on a separative	O, TX 77478 (State)  On a separate line for each  or ersion Date (Month/Day/Year)	(Street)  O, TX 77478  (State)  2. Transaction Date (Month/Day/Year)  03/18/2022  03/18/2022  on a separate line for each class of securities latercise of variety of variety (Month/Day/Year)  Table II -  Table II -  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)	(Street)  2. Transaction Date (Month/Day/Year)  0.3/18/2022  03/18/2022  03/18/2022  Table II - Derivative (e.g., puts any (Month/Day/Year))  3. Transaction Date (Month/Day/Year)  1. If Amer 2. A. Dee Execution any (Month/Day/Year)  2. Transaction Date (Execution Date any (Month/Day/Year))  3. Transaction Date (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  (Month/Day/Year)  3. Transaction Date (Instr. 3)	(Street)  4. If Amendme  2. Transaction Date (Month/Day/Year)  03/18/2022  03/18/2022  03/18/2022  Table II - Derivative Secession of Securities Date (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  3. Transaction Date (e.g., puts, call any (Month/Day/Year)  (Month/Day/Year)  3. Transaction Date (Instr. 8)	(Street)  4. If Amendment, D  2. Transaction Date (Month/Day/Year)  03/18/2022  03/18/2022  03/18/2022  Table II - Derivative Securities beneficially owned of the company	(Street)  4. If Amendment, Date Orig  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  3. Transaction Date (Instr. of Date (Instr.	(Street)  4. If Amendment, Date Original Filed  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  2. Transaction Execution Date, if any (Month/Day/Year)  (Month/Day/Year)  3. Transaction Code (Instr. 8)  Table II - Derivative Securities Acquired, Discoversion Date (E.g., puts, calls, warrants, options, any (Month/Day/Year)  3. Transaction Date (E.g., puts, calls, warrants, options, any (Month/Day/Year)  3. Transaction Date (E.g., puts, calls, warrants, options, and Experiment of Code (Instr. 8)  Table II - Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)  Date Exercise Date Exercise (A) or Disposed of (D) (Instr. 3, 4, and 5)  Date Exercise (A) Date Exercise (A) Date Exercise (A) or Disposed of (D) (Instr. 3, 4, and 5)	(Street)  4. If Amendment, Date Original Filed(Month/Da/Da/Pear)  7. Table I - Non-Derivative Execution Date, (Month/Day/Year)  8. Code   V	(Street)  4. If Amendment, Date Original Filed(Month/Day/Year)  7. TX 77478  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Execution Date, if (Month/Day/Year)  2. Transaction Date (Instr. 8)  3. Transaction (Instr. 3, 4 and (Day)  4. Securities A course (Instr. 8)  6. Ode (Instr. 8)  6. Ode (Instr. 8)  7. Table II - Derivative Securities Acquired, Disposed of, or Be (E.g., puts, calls, warrants, options, convertible securities (Month/Day/Year)  8. Transaction Date (E.g., puts, calls, warrants, options, convertible securities (Month/Day/Year)  8. Transaction Date (E.g., puts, calls, warrants, options, convertible securities (A) or Disposed of (D) (Instr. 3)  9. Number (Instr. 8)  1. Transaction Date (E.g., puts, calls, warrants, options (Month/Day/Year)  1. Table II - Derivative Securities Acquired, Disposed of, or Be (E.g., puts, calls, warrants, options)  1. Table II - Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3)  1. Transaction Date (E.g., puts, calls, warrants, options)  1. Transaction Date (E.g., puts, calls, warrants, options)  2. Transaction Date (E.g., puts, calls, warrants, options)  3. Transaction (D.g., puts, calls, warrants, options)  4. S. Number (D.g., puts, calls, warrants, options)  6. Date Exercisable (Month/Day/Year)  1. Table II - Derivative Securities Acquired, Disposed of (D.g., puts, calls, warrants, options, convertible and Experiation Date (Month/Day/Year)  1. Table II - Derivative Securities Acquired (A) or Disposed of (D.g., puts, calls, warrants, options, convertible and Experiation Date (Month/Day/Year)  2. Transaction Date (Execurities Acquired (A) or Disposed of (D.g., puts, calls, warrants, options, convertible and Execurities (A) or Disposed (D.g., puts, calls, warrants, options, calls, warrants	(Street)  4. If Amendment, Date Original Filed(Month/Day/Year)  7. TX 77478  2. Transaction Date (Month/Day/Year)  2. Transaction (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  3. Transaction (Instr. 3, 4 and 5)  4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)  6. Date Exercisable (Month/Day/Year)  7. Title and Code (Month/Day/Year)  8. Application Date (E.g., puts, calls, warrants, options, convertible securities)  8. Transaction Date (Month/Day/Year)  9. Table II - Derivative Securities Acquired (A) or Disposed of, or Beneficially (E.g., puts, calls, warrants, options, convertible securities)  9. Table II - Derivative Securities Acquired (A) or Disposed of, or Beneficially (Instr. 3) are displayed in the following of the convertible securities)  1. Transaction Date (E.g., puts, calls, warrants, options, convertible securities)  1. Transaction Date (Instr. 3, 4, and 5)  1. Title and (Month/Day/Year)  1. Title and (Month/Day/Year)  1. Title and (Month/Day/Year)  1. Title Expiration Date (Instr. 3, 4, and 5)  1. Date Expiration Date (Expiration Date)  1. Title Expiration Date (Month/Day/Year)  1. Title Expiration Date (Month/Day/Year)  1. Title Expiration Date (Month/Day/Year)  1. Title Expiration Date (Month/Day/Year)	(Street)  4. If Amendment, Date Original Filed(Month/Day/Year)  7. TX 77478  2. Transaction Date (Month/Day/Year)  3. Transaction Date (A) or Disposed of (D) (Instr. 3, 4 and 5)  3. Transaction Date (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned displays a currently valid OMB control of Date (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  4. Securities Acquired, Disposed of, or Beneficially Owned displays a currently valid OMB control of Date Date Execution Date, if Transaction any (Month/Day/Year)  4. Derivative Securities Acquired (Month/Day/Year)  5. Amount of Owned Follow (Instr. 3 and 4)  6. Date Exercisable and Expiration Date (Month/Day/Year)  6. Date Exercisable and Expiration Date (Month/Day/Year)  7. Title and Amount of Underlying Securities Acquired (Month/Day/Year)  8. Amount or Number (Month/Day/Year)  8. Amount or Number (Month/Day/Year)  9. Amount or Number (Month/Day/Year)  1. Title Date Exercisable Date (Month/Day/Year)	(Street)  4. If Amendment, Date Original Filed(Month/Day/Year)  7. TX 77478  (State)  (State)  (State)  (State)  (State)  (State)  (Zip)  (A) Demed Execution Date, if (Instr. 3, 4 and 5)  (A) or Disposed of (D) (Instr. 3, 4 and 5)  (Instr. 3 and 4)  (A) or Disposed of (D) (Instr. 3)  (Instr. 3 and 4)  (Instr. 3 and 4)  (A) or Disposed of (D) (Instr. 3)  (Instr. 3 and 4)  (Instr. 3 and 4)  (Instr. 3 and 4)  (Instr. 3)  (Instr. 3 and 4)  (Instr. 3)  (Instr.	(Street) 4. If Amendment, Date Original Filed/Month/Day/Year) 4. If Amendment, Date Original Filed/Month/Day/Year) 5. TX 77478  (State)  (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Execution Date, if (Month/Day/Year)  (M	(State)  4. If Amendment, Date Original Filed(Month/Day/Year)  5. TX 77478   (State)  4. If Amendment, Date Original Filed(Month/Day/Year)  5. TX 77478   (State)  7. Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Flowing Reported Tomascation (Instr. 8)  2. Transaction Date (Month/Day/Year)  2. Transaction (Instr. 8)  3. Transaction (Instr. 9)  4. Securities Acquired (Instr. 4)  4. Securities Acquired (Instr. 4)  4. Securities Acquired (Instr. 3)  5. Amount of Securities Beneficially Owned Following Reported Tomascation (Instr. 3)  6. Individual or Joint/Group FilingCheck Applicable Lia X-Form filed by More Band Congress (Instr. 3)  6. Amount of Securities Beneficially Owned Following Reported Tomascation (Instr. 4)  7. Transaction (Instr. 4)  8. Amount (Instr. 4)  8. Amount of Securities Beneficially Owned (Instr. 4)  8. Amount of Securities Beneficially Owned (Instr. 3)  8. Amount of Securities Beneficially Owned (Instr. 3)  9. A (II) 1. 31,515  D  9. Transaction (Instr. 4)  1. Transaction (Instr. 4)  1. Transaction (Instr. 4)  1. Transaction (Instr. 4)  1. Transaction (Instr. 4)  2. Transaction (Instr. 4)  3. Transaction (Instr. 4)  3. Transaction (Instr. 4)  4. Securities Acquired (Instr. 4)  5. Number of Instransaction (Instr. 4)  6. Amount of Securities Beneficially Owned (Instr. 3)  6. Transaction (Instr. 4)  8. Amount of Securities Beneficially Owned (Instr. 3)  9. A (II) 1. Transaction (Instr. 4)  9. Amount of Securities Beneficially Owned (Instr. 3)  1. Transaction (Instr. 4)  1. Transaction	

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
AHMAD SAMI C/O TRECORA RESOURCES 1650 HWY 6 S, SUITE 190 SUGAR LAND, TX 77478			CFO				

### **Signatures**

/s/ Christopher Groves as attorney in fact for Sami Ahmad	03/22/2022
**Signature of Reporting Person	Date

## **Explanation of Responses:**

- \* 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).
- (1) Granted as officer compensation. Converts into common stock on a one-for-one basis.
- (2) One-half of award vests ratably over 3 years beginning with the first anniversary of the grant date. The remaining 50% vests at the end of three years subject to performance criteria
- (3) Adjusted to reflect the portion of awards subject to performance criteria which were forfeited since performance criteria was not met.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.