FORM 4

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

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL
OMB Number: 3235-0287
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	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
REGAN ARTHUR L	**GENCO SHIPPING & TRADING LTD [GNK]**	__X__ Director _____ 10% Owner
(Last) (First) (Middle)	3. Date of Earliest Transaction (MM/DD/YYYY)	_____ Officer (give title below) _____ Other (specify below)
C/O GENCO SHIPPING & TRADING LIMITED, 299 PARK AVENUE, 12TH FLOOR	**3/4/2022**	
(Street)	4. If Amendment, Date Original Filed (MM/DD/YYYY)	6. Individual or Joint/Group Filing (Check Applicable Line)
NEW YORK, NY 10171		_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. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	**3/4/2022**		**M**		**6456**	**A**	(1)	**45752**	**D**	

Table II - Derivative Securities Beneficially Owned (*e.g.*, puts, calls, warrants, options, convertible securities)

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Restricted Stock Units	(2)(3)							(2)	(2)	**Common Stock**	**18428**		**18428**	**D**	
Restricted Stock Units	(2)(4)							(4)	(4)	**Common Stock**	**9443**		**9443**	**D**	
Option	**$7.06**							**2/25/2021** (5)	**2/25/2026**	**Common Stock**	**58180**		**58180**	**D**	
Restricted Stock Units	(1)(2)(6)	**3/4/2022**		**M**			**6456**	(6)	(6)	**Common Stock**	**6456**	**$0**	**0**	**D**	
Option	**$8.065**							**3/4/2020** (7)	**3/4/2025**	**Common Stock**	**43919**		**43919**	**D**	
Option	**$13.365**							**2/27/2019** (8)	**2/27/2024**	**Common Stock**	**26914**		**26914**	**D**	
Restricted Stock Units	(2)(9)							(9)	(9)	**Common Stock**	**16666**		**16666**	**D**	
Restricted Stock Units	(2)(10)							(10)	(10)	**Common Stock**	**5638.56**		**5638.56**	**D**	

Explanation of Responses:

(1) The Reporting Person became entitled to receive shares of common stock in settlement of restricted stock units upon their vesting.

(2) Each restricted stock unit represents the right to receive one share of the issuer's common stock, or in the sole discretion of the issuer's Compensation Committee, the value of a share of common stock on the date that the restricted stock unit vests.

(3) These restricted stock units generally vest in equal installments on each of the first three anniversaries of May 4, 2021, subject to postponement of settlement if the vesting occurs during a blackout period or other trading restriction.

(4) These restricted stock units generally vest in equal installments on each of the first three anniversaries of February 25, 2020, subject to postponement of settlement if the vesting occurs during a blackout period or other trading restriction.

(5) These options generally become exercisable in equal installments on each of the first three anniversaries of February 25, 2020.

(6) These restricted stock units generally vest in equal installments on each of the first three anniversaries of March 4, 2019, subject to postponement of

settlement if the vesting occurs during a blackout period or other trading restriction.

(7) These options generally become exercisable in equal installments on each of the first three anniversaries of March 4, 2019.

(8) These options generally became exercisable in equal installments on each of the first three anniversaries of February 27, 2018.

(9) These restricted stock units vested on May 17, 2017.

(10) These RSUs generally vest on the earlier of the date of the annual shareholders' meeting of the issuer next following the date of the grant and (ii) the date that is fourteen months after the date of the grant.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
REGAN ARTHUR L **C/O GENCO SHIPPING & TRADING LIMITED** **299 PARK AVENUE, 12TH FLOOR** **NEW YORK, NY 10171**	**X**			

Signatures

/s/ Arthur L. Regan	**3/4/2022**
**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.

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