

OMB APPROVAL	
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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

1. Name and Address of Reporting Person* Armstrong Mac			2. Issuer Name and Ticker or Trading Symbol Palomar Holdings, Inc. [PLMR]			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) CEO and Chairman		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 08/04/2022			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person		
7979 IVANHOE AVENUE, SUITE 500			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street) LA JOLLA CA 92037								
(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. 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock								3,701 ⁽¹⁾	D	
Common Stock								689,388	I	By Armstrong Family Trust
Common Stock (RSUs)	07/15/2022		M		25,000	A	\$0.00	28,701 ⁽¹⁾	D	
Common Stock (RSUs)	07/15/2022		F ⁽²⁾		11,914	D	\$55.79	16,787 ⁽¹⁾	D	
Common Stock	08/04/2022		S ⁽³⁾		47,949	D	\$70.2013 ⁽⁴⁾	641,439	I	By Armstrong Family Trust
Common Stock	08/05/2022		S ⁽³⁾		4,400	D	\$70.5326 ⁽⁴⁾	637,039	I	By Armstrong Family Trust
Common Stock	08/05/2022		S ⁽³⁾		24,835	D	\$71.6302 ⁽⁴⁾	612,204	I	By Armstrong Family Trust
Common Stock	08/05/2022		S ⁽³⁾		7,326	D	\$72.5185 ⁽⁴⁾	604,878	I	By Armstrong Family Trust
Common Stock	08/05/2022		S ⁽³⁾		12	D	\$73.2	604,866	I	By Armstrong Family Trust
Common Stock	08/08/2022		S ⁽³⁾		11,478	D	\$72.7722	593,388	I	By Armstrong Family Trust

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	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction 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 (Month/Day/Year)		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: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Restricted Stock Units	\$0.00	07/15/2022		M			25,000	(5)	(5)	Common Stock	25,000	\$0.00	100,000	D	

Explanation of Responses:

1. Includes 1,470 shares purchased pursuant to the Palomar Holdings, Inc. 2019 Employee Stock Purchase Plan (ESPP).
2. Represents shares automatically sold by the Company on behalf of the Reporting Person pursuant to a mandatory sell-to-cover provision in the RSU award agreement required to cover minimum statutory tax withholding obligations that became due upon the RSU vesting event.
3. The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan.
4. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$70.00 to \$70.96 (weighted average of \$70.2013), inclusive; and \$70.00 to \$70.97 (weighted average of \$70.5326), inclusive; and \$71.00 to \$71.98 (weighted average of \$71.6302), inclusive; and \$72.00 to 72.99 (weighted average of \$72.5185), inclusive. The Reporting Person undertakes to provide to Palomar Holdings, Inc., any security holder of Palomar Holdings, Inc., or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote to this Form 4.
5. The original RSU grant was for 125,000 shares on 7/15/2021. Subject to the Reporting Person's continuing service with the Company, the RSUs shall vest as follows: 25,000 shares shall vest on the first year anniversary of the Grant Date/Vesting Base Date; 25,000 shares shall vest on the second year anniversary of the Grant Date/Vesting Base Date; 25,000 shares shall vest on the third year anniversary of the Grant Date/Vesting Base Date; after the third anniversary of the Grant Date/Vesting Base Date, 6,250 shares shall vest on a quarterly basis thereafter, until fully vested.

Remarks:

/s/ Angela Grant, Attorney-in-Fact 08/08/2022

** 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.

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.