

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

## 144: Filer Information

Filer CIK 0001772383  
Filer CCC XXXXXXXXX  
Is this a LIVE or TEST Filing?  LIVE  TEST

### Submission Contact Information

Name  
Phone  
E-Mail Address

## 144: Issuer Information

Name of Issuer Palomar Holdings, Inc.  
SEC File Number 001-38873  
Address of Issuer 7979 Ivanhoe Avenue, Suite 500  
La Jolla  
CALIFORNIA  
92037  
Phone 619-567-5290  
Name of Person for Whose Account the Securities are To Be Sold Armstrong Mac

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Officer  
Relationship to Issuer Director

## 144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Morgan Stanley Smith Barney LLC Executive Financial Services 1 New York Plaza 38th Floor New York NY 10004	3750	541950	26503871	07/15/2026	NASDAQ
Common	Morgan Stanley Smith Barney LLC Executive Financial Services 1 New York Plaza 38th Floor New York NY 10004	67500	9755100	26503871	07/15/2026	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

## 144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this a Gift?	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
Common	07/15/2026	Restricted Stock	Issuer	<input type="checkbox"/>		6250	07/15/2026	Compensation
Common	07/15/2026	Performance Stock	Issuer	<input type="checkbox"/>		112500	07/15/2026	Compensation

\* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

## 144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Mac Armstrong 7979 Ivanhoe Avenue Suite 500 La Jolla CA 92037	Common	06/22/2026	3500	395356
Mac Armstrong 7979 Ivanhoe Avenue Suite 500 La Jolla CA 92037	Common	05/21/2026	3500	400362
Mac Armstrong 7979 Ivanhoe Avenue Suite 500 La Jolla CA 92037	Common	04/21/2026	3500	457680

## 144: Remarks and Signature

Remarks The shares to be sold relate to an upcoming restricted stock and performance stock vesting event and will be sold pursuant to a mandatory sell-to-cover provision in the applicable award agreements to satisfy the minimum statutory tax withholding obligations arising upon vesting.

Date of Notice 07/09/2026

**ATTENTION:**

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/ Mac Armstrong

**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**