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       |

#### 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

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

| Name and Address of Reporting Person*     Dalgetty Linda |  |          | 2. Issuer Name and Ticker or Trading Symbol Thermon Group Holdings, Inc. [ THR ]   | Relationship of Reporting Person(s) to Issuer (Check all applicable)     X Director 10% Owner |   |                       |  |  |
|--|--|----------|--|---|---|-----------------------|--|--|
| (Last) (First) (Middle)                                  |  | (Middle) | 3. Date of Earliest Transaction (Month/Day/Year) 04/01/2023  | A   | Officer (give title below)                  | Other (specify below) |  |  |
| 7171 SOUTHWEST PARKWAY BUILDING 300, SUITE 200  (Street) |  |          | 4. If Amendment, Date of Original Filed (Month/Day/Year)   | 6. Indiv  | ck Applicable Line) Person Reporting Person |                       |  |  |
| AUSTIN TX 78735  |  | 78735    | Rule 10b5-1(c) Transaction Indication  |   |   |                       |  |  |
| (City) (State) (Zip)                                     |  |          | Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. |   |   |                       |  |  |

# Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3) | 2. Transaction<br>Date<br>(Month/Day/Year) | Execution Date, Transaction |      | 4. Securities Ad<br>Disposed Of (D |        |               | Securities | Form: Direct (D) | Beneficial<br>Ownership |            |
|---------------------------------|--|-----------------------------|------|------------------------------------|--------|---------------|------------|------------------|-------------------------|------------|
|                                 |  |                             | Code | v                                  | Amount | (A) or<br>(D) | Price      | (Instr. 3 and 4) |                         | (Instr. 4) |
| Common Stock                    | 04/01/2023                                 |                             | A    |                                    | 953(1) | A             | \$24.92(2) | 24,997           | D                       |            |

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of<br>Derivative<br>Security (Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transac<br>Code (In<br>8) |   | 5. Num<br>Derivat<br>Securit<br>Acquire<br>or Disp<br>(D) (Ins<br>and 5) | ive<br>ies<br>ed (A)<br>osed of | 6. Date Exerc<br>Expiration Day/Y | ate                | 7. Title and A<br>Securities Un<br>Derivative So<br>(Instr. 3 and | nderlying<br>ecurity                | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|--|---|---|---------------------------------|---|--|---------------------------------|-----------------------------------|--------------------|---|-------------------------------------|---|--|--|--|
|  |   |   | Code                            | v | (A)  | (D)                             | Date<br>Exercisable               | Expiration<br>Date | Title   | Amount<br>or<br>Number<br>of Shares |   | Transaction(s)<br>(Instr. 4)   |  |  |

#### **Explanation of Responses:**

- 1. Award pursuant to Issuer's Non-Employee Director Compensation Program.
- 2. The price is the fair market value on Friday, March 31, 2023.

### Remarks:

/s/ Ryan Tarkington, Attorney-in-

04/01/2023

Fact

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- $^{\star}$  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.