FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

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

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule

### 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

10b5-1(c). See	Instruction 10.			
Name and Address of Reporting Person*     Buntin David			2. Issuer Name and Ticker or Trading Symbol Thermon Group Holdings, Inc. [ THR ]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner
(Last) 7171 SOUTH	3. Date of Earliest Transaction (Month/Day/Year) 12/12/2024  SOUTHWEST PARKWAY DING 300, SUITE 200  4. If Amendment, Date of Original Filed (Month/Day/Year)	` ',	X Officer (give title Other (specify below) SVP, Thermon Heat Tracing	
BUILDING 3	00, SUITE 200		4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line)  X Form filed by One Reporting Person
(Street)				Form filed by More than One Reporting Person
AUSTIN	TX	78735		,
(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)	Transaction D Code (Instr.		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			Beneficially Owned Following Reported	Form: Direct (D)	Beneficial Ownership
		Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock	12/12/2024	M		28,499	A	\$19.64	81,957	D	
Common Stock	12/12/2024	S <sup>(1)</sup>		24,184	D	\$32.15(2)	57,773	D	
Common Stock	12/12/2024	М		5,074	A	\$14.28	62,847	D	
Common Stock	12/12/2024	S <sup>(3)</sup>		3,953	D	\$32.15(2)	58,894(4)	D	

# 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. Transac Code (In 8)		Derivative		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	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		
Stock Option (Right to Buy)	\$19.64	12/12/2024		M			28,499	(5)	01/03/2027	Common Stock	28,499	\$0	0	D	
Stock Option (Right to Buy)	\$14.28	12/12/2024		M			5,074	06/01/2023(6)	06/01/2030	Common Stock	5,074	\$0	0	D	

#### Explanation of Responses:

- 1. These shares were sold to cover the exercise price of and to satisfy the reporting person's tax withholding obligations related to the exercise of stock options to purchase 28,499 shares as reported herein.
- 2. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$32.03 to \$32.36, inclusive. The reporting person undertakes to provide to the Issuer, any security holder of the Issuer, 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.
- 3. These shares were sold to cover the exercise price of and to satisfy the reporting person's tax withholding obligations related to the exercise of stock options to purchase 5,074 shares as reported herein.
- 4. Includes 7,571 restricted stock units held by the reporting person.
- 5. The option vested in three equal annual installments beginning on January 3, 2018.
- 6. The option vested in full on June 1, 2023.

## Remarks:

/s/ Ryan Tarkington, Attorney-in-Fact

12/13/2024

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\*\* 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.