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TOMKINS MA	ARK E									
Form 4										
December 22, 2										
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION									OMB APPROVAL	
	UNITED ST	Washington, D.C. 20549						OMB Number:	3235-0287 January 31,	
Check this b if no longer subject to Section 16. Form 4 or Form 5 obligations	STATEME Filed pursua	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,								
Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940 1(b).										
(Print or Type Resp	ponses)									
TOMKINS MARK E Symbol			suer Name and Ticker or Trading ol & ENERGY INC [CVI]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	ast) (First) (Middle) 3. Date of Earliest Transaction					(Check an applicable)				
C/O CVR ENERGY, INC., 2277 (Month/E) PLAZA DRIVE, SUITE 500			th/Day/Year) 8/2009				X_ Director 10% Owner Officer (give title Other (specify below) below)			
			endment, Date Original onth/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person 			
SUGAR LAND, TX 77479 Form filed by More than One Reporting Person										
(City)	(State) (Zip	^{p)} Tab	le I - Non-D	erivative S	Securi	ties Acq	uired, Disposed of	, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, if any (Month/Day/Year)			3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A)				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common 1 Stock 1	2/18/2009		А	18,321	A	\$0	50,809	D		
Common 1 Stock 1	2/18/2009		F	5,130	D	\$ 6.55	45,679	D		
Common Stock							4,167	I <u>(1)</u>	By son	

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

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number.

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)	4. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Amou Under Secur	rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
TOMKINS MARK E C/O CVR ENERGY, INC. 2277 PLAZA DRIVE, SUITE 500 SUGAR LAND, TX 77479	Х							
Signatures								
/s/ Susan M. Ball, Attorney-in-fact	12/22/2009							
**Signature of Reporting Person	Da	ate						
Explanation of Responses:								

Explanation of Responses:

- * 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).
- (1) The reporting person disclaims beneficial ownership of these securities, and this report will not be deemed an admission that the reporting person is the beneficial owner of such securities for purposes of Section 16 or for any other purpose.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.