STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Furnished 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
   Bjornaas Judith L
   2251 CORPORATE PARK DRIVE
   HERNDON VA 20171

2. Issuer Name and Ticker or Trading Symbol
   MANT

3. Date of Earliest Transaction (Month/Day/Year)
   05/16/2019

4. If Amendment, Date of Original Filed

5. Relationship of Reporting Person(s) to Issuer
   Director
   10% Owner
   Officer (give title below)
   Executive Vice President & CFO

6. Individual or Joint/Group Filing (Check Applicable Line)
   X Form filed by One Reporting Person
   Form filed by More than One Reporting Person

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

<table>
<thead>
<tr>
<th>Title of Security</th>
<th>Transaction Date (Month/Day/Year)</th>
<th>Deemed Execution Date, if any (Month/Day/Year)</th>
<th>Transaction Code (Instr. 8)</th>
<th>Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)</th>
<th>Amount (A) or (D)</th>
<th>Price</th>
<th>Most Recent Transaction Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class A Common Stock</td>
<td>05/16/2019</td>
<td>M</td>
<td></td>
<td>12,000</td>
<td>A</td>
<td>$36.87</td>
<td>22,000</td>
</tr>
<tr>
<td>Class A Common Stock</td>
<td>05/16/2019</td>
<td>S</td>
<td></td>
<td>12,000</td>
<td>D</td>
<td>$62.9(1)</td>
<td>10,000</td>
</tr>
<tr>
<td>Class A Common Stock</td>
<td></td>
<td></td>
<td></td>
<td>142</td>
<td>I</td>
<td></td>
<td>By the ManTech Employee Stock Ownership Plan</td>
</tr>
</tbody>
</table>

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

<table>
<thead>
<tr>
<th>Title of Derivative Security (Instr. 3)</th>
<th>Conversion or Exercise Price of Derivative Security</th>
<th>Transaction Date (Month/Day/Year)</th>
<th>Deemed Execution Date, if any (Month/Day/Year)</th>
<th>Transaction Code (Instr. 8)</th>
<th>Number of Derivative Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)</th>
<th>Date Exercisable and Expiration Date (Month/Day/Year)</th>
<th>Title</th>
<th>Amount or Number of Shares</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employee Stock Option (right to buy)</td>
<td>$36.87</td>
<td>05/16/2019</td>
<td></td>
<td></td>
<td>12,000</td>
<td>03/15/2022</td>
<td>Class A Common Stock</td>
<td>12,000</td>
</tr>
</tbody>
</table>

Explanation of Responses:
1. The price in column 4 is a weighted average price. The prices actually received for the sale ranged from $62.75 to $62.98. For all weighted average prices reported in this Form 4, the reporting person will provide the issuer, any stockholder of the issuer, or the SEC staff, upon request, information regarding the number of shares sold at each price within the range.
2. The options were granted on March 15, 2017, with one-third of the total grant vesting on March 15, 2018, one-third of the total grant vesting on March 15, 2019, and the remaining one-third vesting on March 15, 2020.

Remarks:

/s/ Michael R. Putnam, by Power of Attorney
** Signature of Reporting Person
05/17/2019

** 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).
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.