

TSAKOS ENERGY NAVIGATION LTD

Form 6-K

June 17, 2016

**UNITED STATES**

**SECURITIES AND EXCHANGE COMMISSION**

**Washington, D.C. 20549**

**FORM 6-K**

**REPORT OF FOREIGN PRIVATE ISSUER**

**PURSUANT TO RULE 13a-16 OR 15d-16**

**UNDER THE SECURITIES EXCHANGE ACT OF 1934**

**For the month of June, 2016**

**Commission File Number 001-31236**

**TSAKOS ENERGY NAVIGATION LIMITED**

**(Translation of registrant's name into English)**

**367 Syngrou Avenue, 175 64 P. Faliro, Athens, Greece**

**(Address of principal executive office)**

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Indicate by check mark whether the registrant files or will file annual reports under cover of Form 20-F or Form 40-F.

Form 20-F  Form 40-F

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1): \_\_\_\_\_

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7): \_\_\_\_\_

**TSAKOS ENERGY NAVIGATION LIMITED**

**FORM 6-K**

This report on Form 6-K is hereby incorporated by reference into the following Registration Statements of the Company:

Registration Statement on Form F-3 (No. 333-206852) filed with the SEC on September 9, 2015;

Registration Statement on Form F-3 (No. 333-196839) initially filed with the SEC on June 17, 2014, as amended;

Registration Statement on Form F-3 (No. 333-184042) initially filed with the SEC on September 21, 2012, as amended;

Registration Statement on Form F-3 (No. 333-159218) initially filed with the SEC on May 13, 2009, as amended;

Registration Statement on Form F-3 (No. 333-111615) filed with the SEC on December 30, 2003;

Registration Statement on Form S-8 (No. 333-183007) initially filed with the SEC on August 2, 2012;

Registration Statement on Form S-8 (No. 333-134306) initially filed with the SEC on May 19, 2006, as amended;

Registration Statement on Form S-8 (No. 333-104062) filed with the SEC on March 27, 2003; and

Registration Statement on Form S-8 (No. 333-102860) filed with the SEC on January 31, 2003.

**EXHIBIT INDEX**

- 99.1 Consolidated Financial Statements (Unaudited), March 31, 2016
- 99.2 Management's Discussion and Analysis of Financial Condition and Results of Operations
- 99.3 Capitalization at March 31, 2016

**SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

Date: June 17, 2016

TSAKOS ENERGY NAVIGATION  
LIMITED

By: /s/ Paul Durham  
Paul Durham  
Chief Financial Officer