

TSAKOS ENERGY NAVIGATION LTD

Form 6-K

April 19, 2019

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 April, 2019.

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)

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):

EXHIBIT INDEX

Exhibit

Number

Exhibit Title

| | |
|------|-------------------------------------------------------------|
| 99.1 | Proxy Statement for the 2019 Annual Meeting of Shareholders |
| 99.2 | Form of Proxy for the 2019 Annual Meeting of Shareholders |
| 99.3 | Form of Notice of Internet Availability of Proxy Materials |
| 99.4 | 2018 Annual Report to Shareholders |

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: April 19, 2019

TSAKOS ENERGY NAVIGATION
LIMITED

By: /s/ George V. Saroglou
George V. Saroglou
Chief Operating Officer