

ST MARY LAND & EXPLORATION CO
 Form 4
 June 02, 2006

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

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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

(Print or Type Responses)

1. Name and Address of Reporting Person *
HELLERSTEIN MARK A

2. Issuer Name and Ticker or Trading Symbol
ST MARY LAND & EXPLORATION CO [SM]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 1776 LINCOLN ST, STE 700
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 05/31/2006

Director 10% Owner
 Officer (give title below) Other (specify below)
 President, CEO, and Chairman

DENVER, CO 80203

4. If Amendment, Date Original Filed(Month/Day/Year)

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

(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)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock; \$.01 Par Value	05/31/2006		M		36,180	A	\$ 16.6563
Common Stock; \$.01 Par Value	05/31/2006		M		21,766	A	\$ 7.965
Common Stock; \$.01 Par Value	05/31/2006		M		21,766	A	\$ 10.595

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Common Stock; \$.01 Par Value	05/31/2006	M	21,764	A	\$ 10.855	192,945	D
Common Stock; \$.01 Par Value	05/31/2006	M	15,024	A	\$ 11.58	207,969	D
Common Stock; \$.01 Par Value	05/31/2006	<u>S⁽¹⁾</u>	116,500	D	\$ 39	91,469	D
Common Stock; \$.01 Par Value	06/01/2006	M	2,000	A	\$ 12.5	93,469	D
Common Stock; \$.01 Par Value	06/01/2006	M	22,628	A	\$ 12.525	116,097	D
Common Stock; \$.01 Par Value	06/01/2006	M	22,628	A	\$ 13.65	138,725	D
Common Stock; \$.01 Par Value	06/01/2006	M	15,173	A	\$ 13.39	153,898	D
Common Stock; \$.01 Par Value	06/01/2006	M	15,173	A	\$ 14.25	169,071	D
Common Stock; \$.01 Par Value	06/01/2006	M	22,398	A	\$ 11.58	191,469	D
Common Stock; \$.01 Par Value	06/01/2006	<u>S⁽¹⁾</u>	100,000	D	\$ 38.6689	91,469	D
Common Stock; \$.01 Par Value	06/01/2006	M	90,102	A	\$ 11.58	181,571	D
	06/01/2006	<u>S⁽¹⁾</u>	90,102	D	\$ 39.001	91,469	D

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Common
Stock;
\$.01 Par
Value

Common
Stock;
\$.01 Par
Value

Common
Stock;
\$.01 Par
Value

06/02/2006 M 12,500 A \$ 11.58 103,969 D

06/02/2006 S⁽¹⁾ 12,500 D \$ 39.2462 91,469 D

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

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 control number.

SEC 1474
(9-02)

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (Right-to-Buy)	\$ 16.6563	05/31/2006		M	36,180	<u>(2)</u> 12/31/2010	Common Stock	36,180	
Stock Option (Right-to-Buy)	\$ 7.965	05/31/2006		M	21,766	<u>(3)</u> 09/30/2011	Common Stock	21,766	
Stock Option (Right-to-Buy)	\$ 10.595	05/31/2006		M	21,766	<u>(4)</u> 12/31/2011	Common Stock	21,766	
Stock Option (Right-to-Buy)	\$ 10.855	05/31/2006		M	21,764	<u>(5)</u> 03/31/2012	Common Stock	21,764	
Stock Option (Right-to-Buy)	\$ 11.58	05/31/2006		M	15,024	<u>(6)</u> 06/01/2012	Common Stock	15,024	
Stock Option (Right-to-Buy)	\$ 12.5	06/01/2006		M	2,000	<u>(7)</u> 12/31/2012	Common Stock	2,000	
	\$ 12.525	06/01/2006		M	22,628	<u>(8)</u> 03/31/2013		22,628	

Stock Option (Right-to-Buy)								Common Stock	
Stock Option (Right-to-Buy)	\$ 13.65	06/01/2006	M	22,628	<u>(9)</u>	06/30/2013	Common Stock	22,	
Stock Option (Right-to-Buy)	\$ 13.39	06/01/2006	M	15,173	<u>(10)</u>	10/22/2013	Common Stock	15,	
Stock Option (Right-to-Buy)	\$ 14.25	06/01/2006	M	15,173	<u>(11)</u>	12/31/2013	Common Stock	15,	
Stock Option (Right-to-Buy)	\$ 11.58	06/01/2006	M	22,398	<u>(6)</u>	06/01/2012	Common Stock	22,	
Stock Option (Right-to-Buy)	\$ 11.58	06/01/2006	M	90,102	<u>(6)</u>	06/01/2012	Common Stock	90,	
Stock Option (Right-to-Buy)	\$ 11.58	06/02/2006	M	12,500	<u>(6)</u>	06/01/2012	Common Stock	12,	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HELLERSTEIN MARK A 1776 LINCOLN ST STE 700 DENVER, CO 80203	X		President, CEO, and Chairman	

Signatures

/s/ Karin M. Writer
(Attorney-in-Fact) 06/02/2006

**Signature of Reporting Person

Date

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 sales reported on this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by Mr. Hellerstein on May 8, 2006.
- (2) The stock option vested in four equal installments on December 31, 2000, 2001, 2002, and 2003.
- (3) The stock option vested in four equal installments on September 30, 2001, 2002, 2003, and 2004.
- (4) The stock option vested in four equal installments on December 31, 2001, 2002, 2003, and 2004.
- (5) The stock option vested in four equal installments on March 31, 2002, 2003, 2004, and 2005.
- (6) The total option grant vests as follows: 50,000 shares on June 1, 2002, 50,000 shares on June 1, 2003, 75,000 shares on June 1, 2004, 75,000 shares on June 1, 2005, 125,000 shares on June 1, 2006, and 125,000 shares on June 1, 2007.
- (7) The stock option vested in four equal installments on December 31, 2002, 2003, 2004, and 2005.
- (8) The stock option vested in four equal installments on March 31, 2003, 2004, 2005, and 2006.
- (9) The stock option vested in four equal installments on June 30, 2003, 2004, 2005, and 2006.
- (10) The stock option vested in four equal installments on October 22, 2003, 2004, 2005, and 2006.

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(11) The stock option vested in four equal installments on December 31, 2003, 2004, 2005, and 2006.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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