SEIDL JOHN M Form 4

November 14, 2005

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB APPROVAL OMB

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SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,

obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

Value

(Print or Type Responses)

1. Name and Address of Reporting Person * SEIDL JOHN M			2. Issuer Name and Ticker or Trading Symbol ST MARY LAND & EXPLORATION CO [SM]				0	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
(Last)	(Month			3. Date of Earliest Transaction Month/Day/Year) 11/09/2005				_X_ Director 10% Owner Officer (give title Other (specify below)					
Filed(M				iled(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting					
DENVER,	CO 80203						Pe	erson	ore than one re-	porting			
(City)	(State)	(Zip)	Tak	ole I - Non-	Derivative	Secui	rities Acquir	Acquired, Disposed of, or Beneficially Owned					
1.Title of Security (Instr. 3)	rity (Month/Day/Year) Execution any (Month/D		Date, if	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) our Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price			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 Indirect Beneficial Ownership (Instr. 4)			
Common Stock; \$.01 Par Value	11/09/2005			M	7,438	A	\$ 16.6562	22,669	D				
Common Stock; \$.01 Par Value	11/09/2005			M	13,084	A	\$ 10.595	35,753	D				
Common Stock; \$.01 Par	11/09/2005			S	20,522	D	\$ 34.25	15,231	D				

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

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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. Transactio Code (Instr. 8)	onDerivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount o Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Share
Stock Option (Right to Buy)	\$ 16.6562	11/09/2005		M		7,438	12/31/2000(1)	12/31/2010	Common Stock	7,438
Stock Option (Right to Buy)	\$ 10.595	11/09/2005		M		13,084	12/31/2001(2)	12/31/2011	Common Stock	13,084

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
SEIDL JOHN M 1776 LINCOLN ST STE 700 DENVER, CO 80203	X						

Signatures

Karin M. Writer
(Attorney-In-Fact)

**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 option vested in four equal installments on December 31, 2000, 2001, 2002 and 2003.

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(2) The option vested in four equal installments on December 31, 2001, 2002, 2003 and 2004.

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.