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Form 4	OALTON F											
March 31, 20 FORM	4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549										OMB APPROVAL OMB 3235-028 Number:	
if no long subject to Section 16 Form 4 or Form 5 obligation may conti <i>See</i> Instru 1(b).	Filed pure S. Filed pure Section 17(a	F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES ection 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Section of the Investment Company Act of 1940							Expires: January 31, 2005 Estimated average burden hours per response 0.5			
(Print or Type R	esponses)											
			2. Issuer Name and Ticker or Trading Symbol MARINER ENERGY INC [ME]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
	RLAKE PLAZA, WEST SAM HO		3. Date of (Month/Da 03/29/20	ay/Year]		nsaction			Director X Officer (give below)	10%	b Owner er (specify	
	(Street)		Filed(Month/Day/Year) Applicable L _X_ Form fil				Applicable Line) _X_ Form filed by 0	by One Reporting Person				
HOUSTON,	TX 77042								Form filed by M Person	More than One Re	eporting	
(City)	(State)	(Zip)	Table	e I - Nor	1-De	erivative S	ecurit	ies Acc	uired, Disposed of	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any	med on Date, if Day/Year)	Code	8)	4. Securit n(A) or Dis (D) (Instr. 3, 4 Amount	sposed	of	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common Stock	03/29/2010			А		77,849	А	<u>(1)</u>	483,864	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.

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

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of 3. Transaction Date 3A. Deemed 5. 6. Date Exercisable and 7. Title and Amount of 8. 2. 4. Derivative Conversion (Month/Day/Year) Execution Date, if TransactionNumber Expiration Date **Underlying Securities** D Security or Exercise (Month/Day/Year) (Instr. 3 and 4) any Code of S (Instr. 3) Price of (Month/Day/Year) (Instr. 8) (I Derivative Derivative Securities Security Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) Amount or Date Expiration Title Number of Exercisable Date Code V (A) (D) Shares Employee Stock Common 03/11/2008 03/11/2015 Option \$14 102,000 Stock (right to buy)

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Reporting Owners

Reporting Owner Name / Address						
	Director	10% Owner	Officer	Other		
POLASEK DALTON F ONE BRIARLAKE PLAZA, SUITE 2000 2000 WEST SAM HOUSTON PARKWAY SOUTH HOUSTON, TX 77042			Chief Operating Officer			
Signatures						
Dalton F. Polasek by Teresa G. Bushman pursuant to Power of Attorney dated March 1, 2006 (previously filed as Exhibit 24 to Mr. Polasek's Form 4 filed on May 31, 2006)						
**Signature of Reporting Person						
Explanation of Responses:						
* If the form is filed by more than one reporting person, <i>see</i> Inst	truction 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).

Shares of restricted stock granted on March 29, 2010 under the issuer's Stock Incentive Plan, as amended or restated from time to time. (1) The shares vest 25% on each of the first four anniversaries of the date of grant.

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.