

ST MARY LAND & EXPLORATION CO
 Form 4
 March 03, 2008

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 *
 Veatch Paul M

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., SUITE 700
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 12/31/2007

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 Sr. VP & Regional Manager

DENVER, CO 80203

(City) (State) (Zip)

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

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	12/31/2007		J ⁽¹⁾	V 276 A \$ 31.127	4,347	D	
Common Stock; \$.01 Par Value	01/15/2008		M	600 A <u>(2)</u>	4,947	D	
Common Stock; \$.01 Par Value	01/15/2008		F	237 D \$ 36.59	4,710	D	
Common Stock; \$.01	02/28/2008		M	586 A <u>(3)</u>	5,296	D	

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Par Value							
Common Stock; \$.01 Par Value	02/28/2008	F	192	D	\$ 37.84	5,104	D
Common Stock; \$.01 Par Value	02/28/2008	M	3,343	A	(4)	8,447	D
Common Stock; \$.01 Par Value	02/28/2008	F	1,079	D	\$ 37.84	7,368	D
Common Stock; \$.01 Par Value	02/28/2008	M	1,438	A	(5)	8,806	D
Common Stock; \$.01 Par Value	02/28/2008	F	478	D	\$ 37.84	8,328	D

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

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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 Securities (Instr. 3 and 4)	Amount or Number of Shares
				Code V	(A) (D)	Date Exercisable Expiration Date	Title	
Restricted Stock Units	(2)	01/15/2008		M	600	01/15/2008 01/15/2008	Common Stock	600
Restricted Stock Units	(3)	02/28/2008		M	586	02/28/2008 02/28/2008	Common Stock	586
Restricted Stock Units	(4)	02/28/2008		M	3,343	02/28/2008 02/28/2008	Common Stock	3,343

