

Casteel Marty
Form 4
July 28, 2009

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 *
Casteel Marty

2. Issuer Name and Ticker or Trading Symbol
SIMMONS FIRST NATIONAL CORP [SFNC]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

SIMMONS FIRST NATIONAL CORP, 501 MAIN STREET

(Street)

3. Date of Earliest Transaction (Month/Day/Year)
07/24/2009

____ Director
 Officer (give title below)
____ 10% Owner
____ Other (specify below)
EVP

PINE BLUFF, AR 71603

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
SFNC	07/24/2009		M			200	A	\$ 10.56	4,754	D	
SFNC									3,414	D	
SFNC									443	D	
SFNC									7,402	D	

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

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number.

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)	
					(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Incentive Stock Option	\$ 10.56	07/28/2000	07/24/2009	M	200		07/28/2004	07/28/2009	Common	200
Incentive Stock Option	\$ 12.13	05/07/2001		X	0		05/07/2005	05/07/2011	Common	6,000
Incentive Stock Option	\$ 23.78	07/26/2004		X	0		12/31/2005	07/26/2014	Common	2,000
Incentive Stock Option	\$ 24.5	05/23/2005		X	0		12/31/2005	05/24/2015	Common	920
Incentive Stock Option	\$ 26.19	05/22/2006		X	0		05/22/2007	05/20/2016	Common	200
Incentive Stock Option	\$ 26.19	05/22/2006		X	0		05/22/2008	05/20/2016	Common	200
Incentive Stock Option	\$ 26.19	05/22/2006		X	0		05/22/2009	05/20/2016	Common	200
Incentive Stock Option	\$ 26.19	05/22/2006		X	0		05/22/2010	05/20/2016	Common	200
Incentive Stock Option	\$ 26.19	05/22/2006		X	0		05/22/2011	05/20/2016	Common	200
Incentive Stock Option	\$ 28.42	05/31/2007		X	0		05/31/2008	05/31/2017	Common	240
Incentive Stock Option	\$ 28.42	05/31/2007		X	0		05/31/2009	05/31/2017	Common	240
Incentive Stock Option	\$ 28.42	05/31/2007		X	0		05/31/2010	05/31/2017	Common	240
Incentive Stock Option	\$ 28.42	05/31/2007		X	0		05/31/2011	05/31/2017	Common	240

