

WHITE JOHN V
Form 4
February 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 *
WHITE JOHN V

2. Issuer Name and Ticker or Trading Symbol
REGIONS FINANCIAL CORP [RF]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
P.O. BOX 387

3. Date of Earliest Transaction (Month/Day/Year)
01/31/2006

____ Director
 Officer (give title below) _____ Other (specify below)
Regional CEO

(Street)
MEMPHIS, TN 38147

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	Price	
Common Stock	01/31/2006		X		495	A \$ 29	134,976.96 D
Common Stock	01/31/2006		X		478	A \$ 28.47	135,454.96 D
Common Stock	01/31/2006		X		2,467	A \$ 29	137,921.96 D
Common Stock	01/31/2006		X		7,234	A \$ 27.75	145,155.96 D
Common Stock	01/31/2006		X		2,516	A \$ 28.47	147,671.96 D

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Common Stock	01/31/2006	X	112,500	A	\$ 25.587	260,171.96	D
Common Stock	01/31/2006	F	105,116	D	\$ 33.345	155,055.96	D

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

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(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)	Annual Share
					(A)	(D)	Date Exercisable	Expiration Date		
Stock Option	\$ 29	01/31/2006		X		2,467	05/01/2003	05/01/2010	Common Stock	2
Stock Option	\$ 27.75	01/31/2006		X		7,234	07/01/2004	05/01/2010	Common Stock	7
Stock Option	\$ 33.35	01/31/2006		A		8,586	07/31/2006	05/01/2010	Common Stock	8
Stock Option	\$ 28.47	01/31/2006		X		2,516	11/01/2003	07/01/2010	Common Stock	2
Stock Option	\$ 25.59	01/31/2006		X		112,500	07/01/2004	10/10/2011	Common Stock	11
Stock Option	\$ 33.35	01/31/2006		A		93,424	07/31/2006	10/10/2011	Common Stock	93
Stock Option	\$ 29	01/31/2006		X		495	07/01/2004	11/01/2012	Common Stock	
Stock Option	\$ 33.35	01/31/2006		A		2,678	07/31/2006	11/01/2012	Common Stock	2
Stock Option	\$ 28.47	01/31/2006		X		478	07/01/2004	05/01/2013	Common Stock	
Stock Option	\$ 33.35	01/31/2006		A		428	07/31/2006	05/01/2013	Common Stock	
Phantom Stock Units	\$ 0 ⁽¹⁾						⁽¹⁾	⁽¹⁾	Common Stock	4

(401k)

Stock Option	\$ 29.79	01/31/2002	05/01/2010	Common Stock	1
Stock Option	\$ 33.34	11/02/2002	05/01/2010	Common Stock	1
Stock Option	\$ 33.69	05/03/2004	05/01/2010	Common Stock	5
Stock Option	\$ 32.96	07/24/2005	05/01/2010	Common Stock	20
Stock Option	\$ 32.96	07/24/2005	12/20/2010	Common Stock	4
Stock Option	\$ 29.79	07/31/2002	07/31/2011	Common Stock	
Stock Option	\$ 33.82	12/20/2005	10/15/2011	Common Stock	9
Stock Option	\$ 33.34	07/01/2004	05/01/2012	Common Stock	
Stock Option	\$ 34.31	12/20/2005	10/08/2012	Common Stock	9
Stock Option	\$ 34.66	(2)	12/20/2012	Common Stock	5
Stock Option	\$ 33.48	07/01/2004	10/14/2013	Common Stock	9
Stock Option	\$ 33.69	07/01/2004	11/03/2013	Common Stock	1

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
WHITE JOHN V P.O. BOX 387 MEMPHIS, TN 38147			Regional CEO	

Signatures

By: Ronald C. Jackson 02/01/2006

**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 reported phantom stock units were acquired under Regions' benefit plans.
- (2) The option becomes exercisable in three equal installments on December 20, 2006, 2007 and 2008.

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