

ST MARY LAND &amp; EXPLORATION CO

Form 4

May 18, 2005

**FORM 4****UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549**

Check this box  
if no longer  
subject to  
Section 16.  
Form 4 or  
Form 5  
obligations  
may continue.  
*See Instruction*  
1(b).

**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

## OMB APPROVAL

OMB  
Number: 3235-0287  
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2005  
Estimated average  
burden hours per  
response... 0.5

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
**YORK DOUGLAS W**

(Last) (First) (Middle)

1776 LINCOLN ST, STE 700

(Street)

DENVER, CO 80202

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading  
Symbol  
**ST MARY LAND &  
EXPLORATION CO [sm]**

3. Date of Earliest Transaction  
(Month/Day/Year)  
05/17/2005

4. If Amendment, Date Original  
Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to  
Issuer

(Check all applicable)

\_\_\_\_ Director \_\_\_\_ 10% Owner  
\_X\_ Officer (give title \_\_\_\_ Other (specify  
below) below)  
Exec VP & COO

6. Individual or Joint/Group Filing(Check  
Applicable Line)  
\_X\_ 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 Indirect Beneficial Ownership (Instr. 4)
Common Stock; \$.01 Par Value	05/17/2005		M	19,636 A	\$ 6.1875 32,132	D	
Common Stock; \$.01 Par Value	05/17/2005		M	12,672 A	\$ 4.625 44,804	D	
Common Stock; \$.01 Par Value	05/17/2005		M	2,836 A	\$ 8.75 47,640	D	

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Common Stock; \$.01 Par Value	05/17/2005	S	<u>19,636</u> (1)	D	\$ 24	28,004	D
Common Stock \$.01 Par Value	05/17/2005	S	<u>12,672</u> (2)	D	\$ 24	15,332	D
Common Stock; \$.01 Par Value	05/17/2005	S	<u>2,836</u> (3)	D	\$ 24	12,496	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.**

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. 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)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (Right-to-Buy)	\$ 6.1875	05/17/2005		M		19,363		12/31/1999	12/31/2009	Common Stock	19,363
Stock Option (Right-to-Buy)	\$ 4.625	05/17/2005		M		12,672		12/31/1998	12/31/2008	Common Stock	12,672
Stock Option (Right-to-Buy)	\$ 8.75	05/17/2005		M		2,836		12/31/1997	12/31/2007	Common Stock	2,836

## Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
YORK DOUGLAS W 1776 LINCOLN ST STE 700	Exec VP & COO

DENVER, CO 80202

## Signatures

Brenda L Schohn (  
Attorney-In-Fact)

05/18/2005

\_\_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 sales reported in this Form 4 were affected pursuant to a Rule 10b-1 sales plan adopted by the reporting person on May 16,2005.
- (2) The sales reported in this Form 4 were affected pursuant to a Rule 10b-1 sales plan adopted by the reporting person on May 16,2005.
- (3) The sales reported in this Form 4 were affected pursuant to a Rule 10b-1 sales plan adopted by the reporting person on May 16,2005.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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