

PIONEER NATURAL RESOURCES CO
 Form 4
 March 16, 2010

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 *
 SHEFFIELD SCOTT D

2. Issuer Name and Ticker or Trading Symbol
 PIONEER NATURAL RESOURCES CO [PXD]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)
 5205 N. O'CONNOR BLVD.,
 SUITE 200
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 03/12/2010

____ Director
 ____ Officer (give title below)
 ____ 10% Owner
 ____ Other (specify below)
 Chairman & CEO

IRVING, TX 75039

(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 Indirect Beneficial Ownership (Instr. 4)
Common Stock				(A) or (D)	Price		
			Code	V	Amount		
Common Stock	03/12/2010		M		20,000	A	\$ 24.72 637,309
Common Stock	03/12/2010		S		2,600	D	\$ 52.1765 634,709
Common Stock	03/12/2010		S		300	D	\$ 52.195 634,409
Common Stock	03/12/2010		S		1,200	D	\$ 52.2367 633,209
							22,133 ⁽¹⁾ I 401(k)

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Common Stock	03/12/2010	S	500	D	\$ 52.242	632,709	D
Common Stock	03/12/2010	S	200	D	\$ 52.2425	632,509	D
Common Stock	03/12/2010	S	100	D	\$ 52.245	632,409	D
Common Stock	03/12/2010	S	2,000	D	\$ 52.2497	630,409	D
Common Stock	03/12/2010	S	200	D	\$ 52.25	630,209	D
Common Stock	03/12/2010	S	200	D	\$ 52.255	630,009	D
Common Stock	03/12/2010	S	800	D	\$ 52.2594	629,209	D
Common Stock	03/12/2010	S	200	D	\$ 52.26	629,009	D
Common Stock	03/12/2010	S	1,800	D	\$ 52.2631	627,209	D
Common Stock	03/12/2010	S	700	D	\$ 52.27	626,509	D
Common Stock	03/12/2010	S	900	D	\$ 52.2711	625,609	D
Common Stock	03/12/2010	S	926	D	\$ 52.2804	624,683	D
Common Stock	03/12/2010	S	100	D	\$ 52.29	624,583	D
Common Stock	03/12/2010	S	900	D	\$ 52.3	623,683	D
Common Stock	03/12/2010	S	500	D	\$ 52.32	623,183	D
Common Stock	03/12/2010	S	500	D	\$ 52.37	622,683	D
Common Stock	03/12/2010	S	400	D	\$ 52.4	622,283	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)**

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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	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)
Non-Qualified Stock Option (right to buy)	\$ 24.72	03/12/2010		M	20,000	08/12/2005 08/12/2010	Common Stock 20

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

SHEFFIELD SCOTT D
5205 N. O'CONNOR BLVD., SUITE 200
IRVING, TX 75039

Chairman & CEO

Signatures

Mark H. Kleinman, Attorney-in-Fact For Scott D. Sheffield

03/16/2010

**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) Consists of shares beneficially owned as a result of reporting person's ownership of units in the Pioneer Natural Resources USA, Inc. 401(k) Plan

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.