

[If "Yes" is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b):82-_____]

Item 1 - Information Contained in this Form 6-K Report

Attached as Exhibit I is a copy of an announcement of Teekay Shipping Corporation (the Company), dated July 21, 2004.

THIS REPORT ON FORM 6-K IS HEREBY INCORPORATED BY REFERENCE INTO THE FOLLOWING REGISTRATION STATEMENTS OF THE COMPANY.

**REGISTRATION STATEMENT ON FORM F-3 (NO. 33-97746) FILED WITH THE SEC ON OCTOBER 4, 1995;
REGISTRATION STATEMENT ON FORM S-8 (NO. 333-42434) FILED WITH THE SEC ON JULY 28, 2000; AND
REGISTRATION STATEMENT ON FORM F-3 (NO. 333-102594) FILED WITH THE SEC ON JANUARY 17, 2003.**

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

Date: July 21, 2004

TEEKAY SHIPPING CORPORATION

By: /s/ Peter Evensen

SIGNATURES

Peter Evensen
Executive Vice President and Chief Financial Officer
(Principal Financial and Accounting Officer)

EXHIBIT I

TEEKAY SHIPPING CORPORATION
TK House, Bayside Executive Park, West Bay Street & Blake Road
P.O. Box AP-59212, Nassau, Bahamas
EARNINGS RELEASE

TEEKAY SHIPPING CORPORATION
REPORTS RECORD SECOND QUARTER NET INCOME

2nd Quarter Highlights

- Achieved highest ever second quarter net income of \$98.5 million
- Generated highest ever cash flow from vessel operations from fixed-rate contract business of \$76.0 million
- Completed acquisition of Naviera F. Tapias S.A. on April 30, 2004
- Awarded three long-term charter contracts to export LNG from Qatar
- Completed two-for-one stock split effective May 17, 2004

Nassau, The Bahamas, July 21, 2004 Teekay Shipping Corporation today reported net income of \$98.5 million, or \$1.13 per share, for the quarter ended June 30, 2004, compared to net income of \$96.9 million, or \$1.20 per share, for the quarter ended June 30, 2003. The results for the second quarter of 2004 included an unrealized foreign currency translation loss of \$5.2 million, or \$0.06 per share, relating to long-term debt denominated in Euros. The results for the second quarter of 2003 included \$4.7 million, or \$0.06 per share, in write-downs to the carrying value and losses on the sale of certain older vessels. Net voyage revenues⁽¹⁾ for the second quarter of 2004 were \$368.9 million compared to \$353.1 million for the same period in 2003, and income from vessel operations decreased to \$122.1 million from \$127.7 million.

The results for the second quarter of 2004 reflect the inclusion of the results from Naviera F. Tapias S.A. (renamed Teekay Shipping Spain S.A.) from May 1, 2004 and an increase in the Company's existing fixed-rate business, partially offset by the sale of certain older spot vessels over the past 12 months.

Spot tanker rates during the second quarter of 2004 remained strong as Teekay's spot Aframax fleet averaged \$27,567 per calendar-ship day, a slight increase from the average of \$27,327 per calendar-ship day for the same period in 2003. However, unlike 2003 when the strength of spot tanker rates in the second quarter was amplified by the temporary disruption of oil supplies from Venezuela, which resulted in an increase in longer-haul West Africa and Middle East oil production, the strong market in 2004 has been primarily the result of fundamental oil demand growth.

Net income for the six months ended June 30, 2004 was \$287.6 million, or \$3.32 per share, compared to \$150.5 million, or \$1.86 per share, for the same period last year. The results for the six months ended June 30, 2004 included a \$5.2 million, or \$0.06 per share unrealized foreign currency translation loss relating to the above-mentioned Euro denominated debt. The results for the six months ended June 30, 2003 included \$30.5 million, or \$0.38 per share in write-downs to the carrying value of certain older vessels, and a \$4.9 million, or \$0.06 per share, write-down in the carrying value of certain marketable securities. Net voyage revenues⁽¹⁾ for the six months ended June 30, 2004 were \$816.5 million, compared to \$566.0 million in the same period last year, while income from vessel operations increased to \$330.7 million from \$205.4 million.

Expansion of Teekay's LNG Platform into Qatar

On July 1, 2004, the Company announced that it had been awarded long-term contracts to charter three liquefied natural gas (LNG) carriers to Ras Laffan Liquefied Natural Gas Co. Limited (RasGas II), a joint venture company between Exxon Mobil Corporation and Qatar Petroleum. The vessels will be chartered to RasGas II for a period of 20 years (with options to extend up to 35 years), commencing in late 2006 and early 2007. Concurrently, the Company placed orders for three 151,700 m³ LNG carriers from Daewoo Shipbuilding and Marine Engineering Co. Ltd. for approximately \$510 million. At this time, these are the largest LNG ships ever ordered. Qatar Gas Transport Company is expected to acquire a 30% interest in the vessels through a joint venture with Teekay.

(1) Net voyage revenues represents voyage revenues less voyage expenses. Net voyage revenues is a non-GAAP financial measure used by certain investors to measure the financial performance of shipping companies. See the Company's website at www.teekay.com for a reconciliation of this non-GAAP measure as used in this release to the most directly comparable GAAP financial measure.

Operating Results

The following table highlights certain financial information of Teekay's three main segments, the spot tanker segment, the fixed-rate tanker segment and the Company's new fixed-rate LNG segment (see the Teekay Fleet section of this release for further details):

(in thousands of U.S. dollars)	<u>Three Months Ended</u>				Spot Tanker Segment
	Spot Tanker Segment	Fixed-Rate Tanker Segment	Fixed-Rate LNG Segment	Total	
Net voyage revenues	202,965	158,065	7,884	368,914	222,1
Vessel operating expenses	23,752	28,376	1,637	53,765	32,4
Time-charter hire expense	60,369	46,205	-	106,574	50,8
Depreciation & amortization	25,976	32,493	2,377	60,846	27,8
Cash flow from vessel operations*	106,523	70,490	5,506	182,519	125,9

* Cash flow from vessel operations represents income from vessel operations before depreciation and amortization expense and vessel write-downs/(gain)loss on sale of vessels. Cash flow from vessel operations is a non-GAAP financial measure used by certain investors to measure the financial performance of shipping companies. See the Company's website at www.teekay.com for a reconciliation of this non-GAAP measure as used in this release to the most directly comparable GAAP financial measure.