ST MARY LAND & EXPLORATION CO

Form 4/A July 20, 2007

FORM 4

OMB APPROVAL

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

Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

3235-0287 Number: January 31, Expires: 2005

0.5

Estimated average burden hours per

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OMB

Form 5 obligations may continue. See Instruction

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

1(b).

(Last)

(Print or Type Responses)

1. Name and Address of Reporting Person * SEIDL JOHN M

2. Issuer Name and Ticker or Trading Symbol

5. Relationship of Reporting Person(s) to Issuer

ST MARY LAND &

EXPLORATION CO [SM]

(Check all applicable)

(First)

(Street)

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

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

1776 LINCOLN ST, STE 700

06/28/2007

06/29/2007

4. If Amendment, Date Original

6. Individual or Joint/Group Filing(Check Applicable Line)

Filed(Month/Day/Year)

X Form filed by One Reporting Person Form filed by More than One Reporting

Person

DENVER, CO 80203

(Zip)

(Middle)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1.Title of Security (Instr. 3)

(City)

2. Transaction Date 2A. Deemed (Month/Day/Year)

(State)

Execution Date, if

(Month/Day/Year)

4. Securities 3. TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) 5. Amount of Securities Beneficially Owned Following

6. Ownership 7. Nature of Form: Direct Indirect (D) or Indirect Beneficial Ownership (I) (Instr. 4) (Instr. 4)

(A) or

Reported Transaction(s) (Instr. 3 and 4)

Code V Amount (D) Price

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of 3. Transaction Date 3A. Deemed 5. Number of 6. Date Exercisable and 7. Title and Amor TransactionDerivative Derivative Security Conversion (Month/Day/Year) Execution Date, if **Expiration Date** Underlying Secur Code Securities (Month/Day/Year) (Instr. 3 and 4) (Instr. 3) or Exercise any

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Price of (Month/Day/Year) (Instr. 8) Acquired (A) Derivative or Disposed of Security (D) (Instr. 3, 4, and 5) Code V (A) (D) Date Expiration Title Exercisable Date Stock Option 11,428

M

Am

or Nu of S

11

Common

Stock

(2)

(1)

12/31/2013

Reporting Owners

\$ 14.25

Relationships Reporting Owner Name / Address Director 10% Owner Officer Other SEIDL JOHN M 1776 LINCOLN ST X **STE 700** DENVER, CO 80203

06/28/2007

Signatures

(Right-To-Buy)

/s/ Karin M. Writer 07/20/2007 (Attorney-In-Fact)

**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).
 - On June 29, 2007, the reporting person filed a Form 4 that contained an error in this line item. The Form 4 filed on June 29, 2007,
- incorrectly set forth the exercised options in the "Number of Derivative Securities Acquired" column. The exercised stock options are now correctly set forth in the "Number of Derivative Securities Disposed of" column.
- (2) This option vested in four equal annual installments beginning December 31, 2003.

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.

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