#### **REMINGTON OIL & GAS CORP**

Form 4 July 05, 2006

# 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

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

2 Jaguar Nama and Tiakar or Trading

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person \*

MURPHY ROBERT P			2. Issuer Name <b>and</b> Ticker or Trading  Symbol					Issuer				
			REMIN [REM]	GTO	N O	IL & GAS	S CO	RP	(Che	ck all applicabl	e)	
(I			(Month/D	3. Date of Earliest Transaction (Month/Day/Year)					X Director 10% OwnerX Officer (give title Other (specify below)			
8201 PRESTON ROAD, SUITE 600			07/01/2006					Officer and COO				
	(Street) 4. If Amer			endment, Date Original					6. Individual or Joint/Group Filing(Check			
			Filed(Mor	nth/Day/	Year	)			Applicable Line)	One Demontine D	2000	
DALLAS, TX 75225									_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Tabl	le I - No	n-D	erivative Se	ecuriti	ies Acq	uired, Disposed o	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year	Date 2A. Deemed Year) Execution Date, if any (Month/Day/Year)			3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)			
Common Stock	07/01/2006			D		12,563	A	(1)	0	D		
Common Stock	07/01/2006			D		12,563	D	<u>(2)</u>	0	D		
Common Stock	07/01/2006			D		155,958	D	<u>(2)</u>	0	D		
Common Stock	07/01/2006			D		132	D	<u>(2)</u>	0	I	By Company 401(k) Plan	

**OMB APPROVAL** 

3235-0287

January 31,

2005

0.5

OMB

Number:

Expires:

response...

5 Relationship of Reporting Person(s) to

Estimated average

burden hours per

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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. Transactic Code (Instr. 8)	TransactionDerivative Code Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amou Underlying Secur (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Am or Nu of S
Non-Qualified Option	\$ 17.15	07/01/2006		D		8,597	07/01/2006	07/01/2006	Common Stock	8,
Non-Qualified Option	\$ 18.81	07/01/2006		D		30,000	07/01/2006	07/01/2006	Common Stock	30

## **Reporting Owners**

Reporting Owner Name / Address	Relationships							
reporting o mior runne, runness	Director	10% Owner	Officer	Other				
MURPHY ROBERT P 8201 PRESTON ROAD SUITE 600 DALLAS, TX 75225	X		Officer and COO					

## **Signatures**

/s/ Robert P. 07/05/2006
Murphy

\*\*Signature of Date

\*\*Signature of Da
Reporting Person

## **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) Acquired pursuant to agreement and plan of merger, dated as of January 22, 2006, by and among the issuer and Helix Energy Solutions Group, Inc., as amended by Amendment No. 1 to Agreement and Plan of Merger, dated January 24, 2006, by and among the issuer, Helix and Cal Dive Merger? Delaware Inc., a wholly owned subsidiary of Helix (as so amended, the "Merger Agreement") in which, immediately prior to the merger, all of the reporting person's issuer stock options are cancelled and converted into the issuer's common stock that would be issued upon a cashless exercise of the stock options. The cashless exercise was computed by deducting from the number of exercised options (i) the number of shares of issuer common stock equal in value to the exercise price and (ii) all withholding

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obligations from the shares issued to the holder.

Disposed of pursuant to Merger Agreement in which each share of issuer common stock is converted into the right to receive (i) \$27.00 in (2) cash, and (ii) 0.436 of a validly issued, fully paid and non-assessable share of Helix having a market value of \$40.36 per share on the effective date of the merger.

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.