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ST MARY LAND & EXPLORATION CO  
Form S-8 POS  
June 30, 2004

As filed with the Securities and Exchange Commission on June 30, 2004

Amending Registration Nos. 333-30055  
333-35352  
333-88780  
333-106438

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

Post-Effective Amendment No. 1  
to  
Form S-8

REGISTRATION STATEMENT UNDER THE SECURITIES ACT OF 1933

St. Mary Land & Exploration Company  
(Exact name of registrant as specified in its charter)

Delaware  
(State or other jurisdiction of  
incorporation or organization)

41-0518430  
(IRS Employer  
Identification No.)

1776 Lincoln Street, Suite 700  
Denver, Colorado 80203  
(Address of Principal Executive Offices) (Zip Code)

St. Mary Land & Exploration Company Restricted Stock Plan  
St. Mary Land & Exploration Company Stock Option Plan  
St. Mary Land & Exploration Company Incentive Stock Option Plan  
(Full titles of the plans)

Mark A. Hellerstein  
Chairman of the Board, President and Chief Executive Officer  
St. Mary Land & Exploration Company  
1776 Lincoln Street, Suite 700  
Denver, Colorado 80203  
(Name and address of agent for service)

(303) 861-8140  
(Telephone number, including area code, of agent for service)