

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

**FORM 8-K**

**CURRENT REPORT**

**Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934**

Date of Report (Date of earliest event reported)  
May 24, 2010 (May 21, 2010)

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

Delaware  
(State or other jurisdiction  
of incorporation)

001-31539  
(Commission  
File Number)

41-0518430  
(I.R.S. Employer  
Identification No.)

1775 Sherman Street, Suite 1200, Denver, Colorado  
(Address of principal executive offices)

80203  
(Zip Code)

Registrant's telephone number, including area code: (303) 861-8140

Not applicable  
(Former name or former address, if changed since last report.)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2.):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

**Item 7.01 Regulation FD Disclosure.**

In accordance with General Instruction B.2. of Form 8-K, the following information, including Exhibit 99.1, shall not be deemed filed for purposes of Section 18 of the Securities Exchange Act of 1934, nor shall such information and Exhibit be deemed incorporated by reference in any filing under the Securities Act of 1933, except as shall be expressly set forth by specific reference in such a filing.

On May 21, 2010, St. Mary Land & Exploration Company (the "Company") announced that the Company's Executive Vice President and Chief Operating Officer, Jay Ottoson, will present at the UBS Global Oil and Gas Conference on Tuesday, May 25, 2010, at 11:20 AM Central Time.

**Item 9.01 Financial Statements and Exhibits.**

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|-------------------------------|---|
| (d) Exhibits.<br>Exhibit 99.1 | The following exhibit is furnished as part of this report:<br>Press release of St. Mary Land & Exploration Company dated May 21, 2010, entitled St. Mary to Present at Upcoming Investor Conference |
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**FOR IMMEDIATE RELEASE**

**ST. MARY TO PRESENT AT UPCOMING INVESTOR CONFERENCE**

**DENVER, May 21, 2010**– St. Mary Land & Exploration Company (NYSE: SM) today announces that the Company will present at an upcoming investor conference.

The Company's Executive Vice President and Chief Operating Officer, Jay Ottoson, will present at the UBS Global Oil and Gas Conference on Tuesday, May 25, 2010, at 11:20 AM Central Time. A copy of the conference presentation will be available on the Company's website the day of the presentation at [stmaryland.com](http://stmaryland.com). Additionally, the presentation will be webcast and can be accessed through the Company's website.

**ABOUT THE COMPANY**

St. Mary Land & Exploration Company is an independent energy company engaged in the exploration, exploitation, development, acquisition, and production of natural gas and crude oil. St. Mary routinely posts important information about the Company on its website. For more information about St. Mary, please visit its website at [stmaryland.com](http://stmaryland.com).