FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL							
OMB Number:	3235-0287						
Estimated average burden							
hours per response:	0.5						

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* HELLERSTEIN MARK A						2. Issuer Name and Ticker or Trading Symbol ST MARY LAND & EXPLORATION CO [SM]									tionship of F all applicab Director	le)	Person(10% Ov	
(Last) (First) (Middle)						3. Date of Earliest Transaction (Month/Day/Year) 03/17/2008									Officer (g below)	(give title		Other (specify below)	
SUITE 700					4. If Amendment, Date of Original Filed (Month/Day/Year) 03/19/2008								- 1	Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person					
(Street) DENVER	•														Form file	d by More	than C	ne Reportin	g Person
(City)	(State)	(Zi	p)																
		Та	ble I - No	n-Der	ivativ	e Se	curitie	s Acq	uired,	Disp	osed of,	or l	Benefi	cially Ow	ned				
Date				nth/Day/Year) i		2A. Deemed Execution Date, if any (Month/Day/Year)					rities Acquired (A) or ed Of (D) (Instr. 3, 4 a			5. Amount of Securities Beneficially Owned Following Reported		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership	
								Code	v	Amount		(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)				(Instr. 4)	
Common Stock; \$.01 Par Value 03/1					17/200	8			F		2,349(1)	D	\$35.67	127,4	127,419(1)		D	
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) 3. A. Deemed Execution Date, if any (Month/Day/Year)			ate,	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		te	7. Title and Amor Securities Under Derivative Secur (Instr. 3 and 4)		derlying curity	8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported Transacti	e s lly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code \		(A)	(D)	Date Exercisable		Expiration Date	Title		Amount or Number of Shares		(Instr. 4)	on(s)		

Explanation of Responses:

Remarks:

Karin M. Writer (Attorney-In-

Fact)

04/02/2008

** Signature of Reporting Person

0.9

Date

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

- * 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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 Number.

^{1.} The number of shares was not reported correctly on the Form 4 filed on March 19, 2008.