

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

<b>1. Name and Address of Reporting Person *</b> <u>Solomon Mark T</u>  (Last) (First) (Middle) <u>1775 SHERMAN ST.</u> <u>SUITE 1200</u>  (Street) <u>DENVER CO 80203</u>  (City) (State) (Zip)	<b>2. Issuer Name and Ticker or Trading Symbol</b> <u>ST MARY LAND &amp; EXPLORATION CO [ SM ]</u>	<b>5. Relationship of Reporting Person(s) to Issuer</b> (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <p style="text-align: center;"><b>Controller</b></p>
	<b>3. Date of Earliest Transaction (Month/Day/Year)</b> <u>04/23/2010</u>	
	<b>4. If Amendment, Date of Original Filed (Month/Day/Year)</b> <u>04/26/2010</u>	

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	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			
Common Stock; \$.01 Par Value	04/23/2010		M		3,000	A	\$16.656	9,242	D	
Common Stock; \$.01 Par Value	04/23/2010		S <sup>(2)(3)</sup>		3,000	D	\$40	6,242	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)	3A. Deemed Execution Date, if any (Month/Day/Year)	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)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Stock Option (Right to Buy)	\$16.656	04/23/2010		M			3,000	(I)	12/31/2010	Common Stock	3,000	\$0	0	D	

## Explanation of Responses:

- The stock option vested as follows: 2,365 shares on December 31, 2000 and 2001, and 2,364 shares on December 31, 2002 and 2003.
- The sole purpose of this amendment is to add a footnote to indicate that the sale of shares was pursuant to a Rule 10b-5 plan and to correct the ending balance in Table II.
- The sale reported on this Form 4 was effected pursuant to a Rule 10b-5 trading plan adopted by Mr. Solomon on December 7, 2009.

## Remarks:

Karin M. Writer (Attorney-In-Fact)

04/26/2010

\*\* Signature of Reporting Person

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.

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