REMINGTON OIL & GAS CORP

Form 4 May 05, 2005

FORM 4

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

OMB Number: 3235-0287

Estimated average

5. Relationship of Reporting Person(s) to

Issuer

OMB APPROVAL

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005

Form 4 or Form 5 obligations may continue.

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. Issuer Name and Ticker or Trading

REMINGTON OIL & GAS CORP

Symbol

burden hours per response... 0.5

See Instruction 1(b).

(Print or Type Responses)

WATT JAMES A

1. Name and Address of Reporting Person *

			REMINGTON OIL & GAS CORP [REM]					ORP	(Check all applicable)			
(Last) 8201 PRES	(First) TON ROAD SU	3. Date of Earliest Transaction (Month/Day/Year) 05/03/2005						_X_ Director 10% OwnerX_ Officer (give title Other (specify below) Chairman and CEO				
			4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Ber							a D et 1					
1.Title of	2. Transaction Da			le I - No 3.	n-D	4. Securiti			quired, Disposed of 5. Amount of	of, or Beneficia 6.	7. Nature of	
Security (Instr. 3)	(Month/Day/Year) Execution Date, if Transac any Code (Month/Day/Year) (Instr. 8				on(A) or Dis (D) (Instr. 3, 4	sposed	of	Securities Beneficially Owned Following	Ownership Form: Direct (D) or Indirect (I)	Indirect Beneficial Ownership (Instr. 4)		
G				Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)		
Common Stock	05/03/2005			A		97,800	A	\$0	218,077	D		
Common Stock									13,311.2539	I	By Company 401(k)	
Common Stock									17,050	I	By IRA	
Common Stock									300	I	As Custodian for Son	

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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 SEC 1474 information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

(9-02)

9. Nu Deriv Secu Bene Own Follo Repo Trans (Insti

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	isable and	7. Titl	e and	8. Price of	9
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	TransactionNumber		Expiration Da	ite	Amou	nt of	Derivative]
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security	5
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securi	ities	(Instr. 5)]
	Derivative				Securities			(Instr.	3 and 4)		(
	Security				Acquired						J
					(A) or						J
					Disposed						-
					of (D)						(
					(Instr. 3,						
					4, and 5)						
									Amount		
						Date	Expiration	m: 1	or		
						Exercisable Date	Title	Number			
									of		
				Code V	(A) (D)				Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships

Director 10% Owner Officer Other

WATT JAMES A

8201 PRESTON ROAD SUITE 600 X Chairman and CEO

DALLAS, TX 75225

Signatures

/s/ James A. 05/05/2005 Watt

**Signature of Date Reporting Person

Explanation of Responses:

If the form is filed by more than one reporting person, see Instruction 4(b)(v).

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.

Reporting Owners 2

^{**} Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).