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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)