

REMINGTON OIL & GAS CORP

Form 8-K

May 18, 2004

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**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: MAY 18, 2004
(DATE OF EARLIEST EVENT REPORTED)

REMINGTON OIL AND GAS CORPORATION

(Exact name of registrant as specified in its charter)

DELAWARE

(State or other jurisdiction of incorporation)

1-11516
(Commission File No.)

75-2369148
(IRS Employer Identification Number)

8201 PRESTON ROAD SUITE 600
Dallas, Texas
(Address of principal executive offices)

75225-6211
(Zip Code)

(214) 210-2650
Registrant's Telephone Number Including Area Code

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ITEM 5. OTHER EVENTS AND REGULATION FD DISCLOSURE

On May 18, 2004, Remington Oil and Gas Corporation issued the Press Release appended to this Current Report on Form 8-K as Exhibit 99.1 and incorporated by reference herein.

ITEM 7. FINANCIAL STATEMENTS AND EXHIBITS

(c) Exhibits

Exhibit No.	Description
99.1	Press Release of Remington Oil and Gas Corporation dated May 18, 2004.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Remington Oil and Gas Corporation

By: /s/ JAMES A. WATT
James A. Watt
President and Chief Executive Officer

Date: May 18, 2004

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**EXHIBIT
NUMBER**

DESCRIPTION

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