## Edgar Filing: FOREST OIL CORP - Form 4

FOREST OI Form 4	L CORP								
May 22, 200	8								
FORM	14 UNITED STA	FEC SECUDI	TIEC A			NCEC	OMMISSION	-	PPROVAL
	UNITED STA		ington,			NGE U	UNINISSIUN	OMB Number:	3235-0287
Check this box if no longer STATEMENT OF CHANCES IN DENEFLOIAL OWNERSHIP OF								Expires:	January 31, 2005
subject to Section 16. Form 4 or						Estimated average burden hours per response 0			
Form 5 obligations may continue. See Instruction 1(b). 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									
(Print or Type I	Responses)								
1. Name and A Clark H. Cr	address of Reporting Personaig	Symbol				ng	5. Relationship of Issuer	Reporting Pers	son(s) to
(Last)	(First) (Middle	FOREST OIL CORP [FST] First) (Middle) 3. Date of Earliest Transaction					(Check	k all applicable	)
707 SEVENTEENTH(Month/Day/Year)_X_ Director707 SEVENTEENTH05/21/2008_X_ Officer (give below)					XOfficer (give below)	ve title 0% Owner below) ent & CEO, Director			
	(Street)	4. If Amena Filed Month		-	1		6. Individual or Jos	int/Group Filir	g(Check
DENVER, O	CO 80202	Filed(Month	i/Day/rear)				Applicable Line) _X_ Form filed by O Form filed by M Person		
(City)	(State) (Zip)	Table	I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned
Security (Instr. 3)(Month/Day/Year)Execution Date, if anyTransaction(A) or Disposed of (D)SecuritiesFor Code(Instr. 3)anyCode(Instr. 3, 4 and 5)Beneficially(D (D)(Month/Day/Year)(Instr. 8)OwnedIn						6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect Beneficial		
Common			Code V	Amount	(D)	Price	(Instr. 3 and 4)		
Common Stock	05/21/2008		М	202	Α	\$ 18.19	277,069	D	
Common Stock	05/21/2008		S	202	D	\$ 69.02	276,867	D	
Common Stock	05/21/2008		М	1,858	А	\$ 18.19	278,725	D	
Common Stock	05/21/2008		S	1,858	D	\$ 69.01	276,867	D	
Common Stock	05/21/2008		М	5,544	А	\$ 18.19	282,411	D	

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Common Stock	05/21/2008	S	5,544	D	\$ 69	276,867	D
Common Stock	05/21/2008	М	100	А	\$ 18.19	276,967	D
Common Stock	05/21/2008	S	100	D	\$ 69.46	276,867	D

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

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 control number.

 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. Transactic Code (Instr. 8)	Transaction f Derivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		Amount Securitie 4)
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amoun or Numbe of Shares
Non-Qualified Stock Option (right to buy) (1)	\$ 18.19	05/21/2008		М	500	(2)	09/05/2011	Common Stock	500
Non-Qualified Stock Option (right to buy) (1)	\$ 18.19	05/21/2008		М	1	(2)	09/05/2011	Common Stock	1
Non-Qualified Stock Option (right to buy) (1)	\$ 18.19	05/21/2008		М	99	(2)	09/05/2011	Common Stock	99
Non-Qualified Stock Option (right to buy) (1)	\$ 18.19	05/21/2008		М	100	(2)	09/05/2011	Common Stock	100
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008		М	100	(2)	09/05/2011	Common Stock	100

(1)

<u>(1)</u>								
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	100	(2)	09/05/2011	Common Stock	100
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	456	(2)	09/05/2011	Common Stock	456
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	300	(2)	09/05/2011	Common Stock	300
Non-Qualified Stock Option (right to buy) (1)	\$ 18.19	05/21/2008	М	100	(2)	09/05/2011	Common Stock	100
Non-Qualified Stock Option (right to buy) (1)	\$ 18.19	05/21/2008	М	1,100	(2)	09/05/2011	Common Stock	1,10
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	444	(2)	09/05/2011	Common Stock	444
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	800	(2)	09/05/2011	Common Stock	800
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	500	(2)	09/05/2011	Common Stock	500
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	400	(2)	09/05/2011	Common Stock	400
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	100	(2)	09/05/2011	Common Stock	100
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	600	(2)	09/05/2011	Common Stock	600

Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	1,200	(2)	09/05/2011	Common Stock	1,20
Non-Qualified Stock Option (right to buy) (1)	\$ 18.19	05/21/2008	М	500	(2)	09/05/2011	Common Stock	500
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	300	(2)	09/05/2011	Common Stock	300
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	500	(2)	09/05/2011	Common Stock	500
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	1,000	(2)	09/05/2011	Common Stock	1,00
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	300	(2)	09/05/2011	Common Stock	300
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	100	(2)	09/05/2011	Common Stock	100
Non-Qualified Stock Option (right to buy) (1)	\$ 18.19	05/21/2008	М	600	(2)	09/05/2011	Common Stock	600
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	1,596	(2)	09/05/2011	Common Stock	1,59
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	700	(2)	09/05/2011	Common Stock	700
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	М	300	(2)	09/05/2011	Common Stock	300
	\$ 18.19	05/21/2008	М	459	(2)	09/05/2011		459

Non-Qualified Stock Option (right to buy)								Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	]	М	800	(2)	09/05/2011	Common Stock	800
Non-Qualified Stock Option (right to buy)	\$ 18.19	05/21/2008	1	М	500	(2)	09/05/2011	Common Stock	500

## **Reporting Owners**

<b>Reporting Owner Name / Address</b>	Relationships						
	Director	10% Owner	Officer	Other			
Clark H. Craig 707 SEVENTEENTH STREET SUITE 3600 DENVER, CO 80202	Х		President & CEO, Director				
Signatures							
By: Roberta L. Louis, attorney-in Clark	05/22/2008						
<u>**</u> Signature of Reporting	Date						

## **Explanation of Responses:**

- \* 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).

On March 2, 2006, Forest completed a spin-off transaction involving a wholly-owned subsidiary, which was subsequently merged with a
 subsidiary of Mariner Energy, Inc. The number and the exercise price of all outstanding stock options granted under Forest's equity incentive plans were adjusted to reflect the spin-off.

(2) This option becomes exercisable in four equal installments on each of the first four anniversaries of the date of grant.

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.