

NEWFIELD EXPLORATION CO /DE/
Form 4
February 26, 2010

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 Responses)

1. Name and Address of Reporting Person *
RICKMERS BRIAN L

2. Issuer Name and Ticker or Trading Symbol
NEWFIELD EXPLORATION CO /DE/ [NFX]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
363 N. SAM HOUSTON PKWY E,
SUITE 100

(Street)

3. Date of Earliest Transaction (Month/Day/Year)
02/25/2010

____ Director
____ Officer (give title below)
____ 10% Owner
____ Other (specify below)
Controller & Asst Sec

HOUSTON, TX 77060

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 Person

(City) (State) (Zip)

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					265	I	By 401k
common stock	02/25/2010		M		3,200	A	\$ 19.02 40,831
common stock	02/25/2010		M		2,000	A	\$ 16.53 42,831
common stock	02/25/2010		M		3,600	A	\$ 16.87 46,431
common stock	02/25/2010		M		2,400	A	\$ 16.25 48,831

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common stock	02/25/2010	M	4,800	A	\$ 16.6	53,631	D
common stock	02/25/2010	M	8,000	A	\$ 24.49	61,631	D
common stock	02/25/2010	S	24,000	D	\$ 50	37,631	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.

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(9-02)

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 Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
employee stock option - right to buy	\$ 19.02	02/25/2010		M	3,200	02/09/2002 02/09/2011	common stock	3,200	
employee stock option - right to buy	\$ 16.53	02/25/2010		M	2,000	05/03/2002 05/03/2011	common stock	2,000	
employee stock option - right to buy	\$ 16.87	02/25/2010		M	3,600	02/07/2003 02/07/2012	common stock	3,600	
employee stock option - right to	\$ 16.25	02/25/2010		M	2,400	08/14/2003 08/14/2012	common stock	2,400	

