

HELMERICH HANS
Form 4
December 20, 2010

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 *
HELMERICH HANS

2. Issuer Name and Ticker or Trading Symbol
CIMAREX ENERGY CO [XEC]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
C/O CIMAREX ENERGY
CO., 1700 LINCOLN STREET,
SUITE 1800

3. Date of Earliest Transaction
(Month/Day/Year)
12/16/2010

____ Director
____ Officer (give title below)
____ 10% Owner
____ Other (specify below)

(Street)
DENVER, CO 80203

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	12/16/2010		S		1,000 (1)	D	\$ 87.681 2,157	I	By daughter Hailey
Common Stock	12/16/2010		S		5,000 (2)	D	\$ 87.74 36,830	I	Trustee, 1993 Hans Helmerich Trust
Common Stock	12/16/2010		S		1,000 (3)	D	\$ 87.726 3,140	I	By Daughter Sunday

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).

(1) The price reported in Column 4 for December 16, 2010 sales is a weighted average price. These shares were sold in two transactions at \$87.69 and \$87.68. The reporting person undertakes to provide to Cimarex Energy Co., any security holder of Cimarex Energy Co. or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price.

(2) The price reported in Column 4 for December 16, 2010 sales is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$87.72 to \$87.79, inclusive. The reporting person undertakes to provide to Cimarex Energy Co., any security holder of Cimarex Energy Co. or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this footnote.

(3) The price reported in Column 4 for December 16, 2010 sales is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$87.71 to \$87.745, inclusive. The reporting person undertakes to provide to Cimarex Energy Co., any security holder of Cimarex Energy Co. or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this footnote.

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.