

REMINGTON OIL & GAS CORP  
Form 4  
December 03, 2004

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
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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 \*  
WATT JAMES A

2. Issuer Name and Ticker or Trading Symbol  
REMINGTON OIL & GAS CORP  
[REM]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)  
8201 PRESTON ROAD SUITE 600  
(Street)

3. Date of Earliest Transaction  
(Month/Day/Year)  
12/01/2004

Director  10% Owner  
 Officer (give title below)  Other (specify below)  
Chairman and CEO

DALLAS, TX 75225

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 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                    | 12/01/2004                           |  | M                              | 470 A \$ 3.75   | 119,000   | D  |   |
| Common Stock                    | 12/01/2004                           |  | M                              | 9,530 A \$ 4.25   | 128,530   | D  |   |
| Common Stock                    | 12/01/2004                           |  | S                              | 10,000 D \$ 28.5695   | 118,530   | D  |   |
| Common Stock                    |                                      |  |                                |   | 13,311.2539   | I  | By Company 401(k)                                     |
| Common Stock                    |                                      |  |                                |   | 17,050  | I  | By IRA  |

|                 |     |   |                            |
|-----------------|-----|---|----------------------------|
| Common<br>Stock | 300 | I | As<br>Custodian<br>for Son |
|-----------------|-----|---|----------------------------|

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.**

SEC 1474  
(9-02)

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned**  
(e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2. Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 4. Transaction<br>Code<br>(Instr. 8) | 5. Number<br>of Derivative<br>Securities<br>Acquired<br>(A) or<br>Disposed of<br>(D)<br>(Instr. 3, 4,<br>and 5) | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) | 7. Title and Amount of<br>Underlying Securities<br>(Instr. 3 and 4) | 8. Amount<br>or<br>Number<br>of<br>Shares |
|---|--|---|---|--------------------------------------|---|--|---|---|
|   |  |   |   | Code                                 | V (A) (D)   | Date<br>Exercisable      Expiration<br>Date                    | Title   |   |
| Non<br>Qualified<br>Option                          | \$ 3.75  | 12/01/2004                              |   | M                                    | 470   | 03/27/2001    03/27/2010                                       | Common<br>stock   | 470                                       |
| Non<br>Qualified<br>Option                          | \$ 4.25  | 12/01/2004                              |   | M                                    | 9,530   | 12/06/2000    12/06/2009                                       | Common<br>Stock   | 9,530                                     |

## Reporting Owners

| Reporting Owner Name / Address                                  | Relationships |           |                  |       |
|---|---------------|-----------|------------------|-------|
|   | Director      | 10% Owner | Officer          | Other |
| WATT JAMES A<br>8201 PRESTON ROAD SUITE 600<br>DALLAS, TX 75225 | X             |           | Chairman and CEO |       |

## Signatures

/s/ James A.  
Watt

12/03/2004

\*\*Signature of  
Reporting Person

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).

### Remarks:

AUTOMATIC SALE PURSUANT TO 10b5-1 PLAN

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.  
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