

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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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 *
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.

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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

buy employee stock option - right to buy	\$ 16.6	02/25/2010	M	4,800	02/12/2004	02/12/2013	common stock	4,800
buy employee stock option - right to buy	\$ 24.49	02/25/2010	M	8,000	02/11/2005	02/11/2014	common stock	8,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
RICKMERS BRIAN L 363 N. SAM HOUSTON PKWY E, SUITE 100 HOUSTON, TX 77060			Controller & Asst Sec	

Signatures

/S/ Michelle S. Miller as attorney-in-fact for Brian L.
Rickmers

02/26/2010

__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).

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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