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CABOT OI Form 4 February 22	L & GAS CORP									
FORM	ЛЛ							-	PPROVAL	
	UNITED		URITIES A			NGE	COMMISSION	NOMB Number:	3235-0287	
Check the if no lor subject to Section	ger o STATEN 16.	ANGES IN SECUI	BENEF RITIES	Estimated burden hou	irs per					
Form 4 Form 5 obligatio may cor <i>See</i> Inst 1(b).	Filed pur ons Section 17(Utility Hol	ding Cor	npan	y Act	nge Act of 1934, of 1935 or Sectio 940	response on	0.5	
(Print or Type	Responses)									
	Address of Reporting DER SCOTT C	suer Name an bl OT OIL &			-	5. Relationship of Reporting Person(s) to Issuer6] (Check all applicable)				
(Last) (First) (Middle) 1200 ENCLAVE PARKWAY			3. Date of Earliest Transaction (Month/Day/Year) 02/20/2008			Director 10% Owner X Officer (give title Other (specify below) below) Vice President & CFO				
	mendment, D Month/Day/Yea	-	ıl		Applicable Line)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
HOUSTON	I, TX 77077-1607	7						More than One R		
(City)	(State)	(Zip) T	able I - Non-l	Derivative	Secu	rities A	cquired, Disposed o	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year	Code) (Instr. 8)	4. Securit onAcquired Disposed (Instr. 3, 4 Amount	(A) o of (D)	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Reminder: Re	port on a separate line	e for each class of s	ecurities bene	-		-	or indirectly.	ction of S	SEC 1474	

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 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and Expiration	7. Title and A
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	orDerivative	Date	Underlying S
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8		Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)				
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title
Performance Shares	\$ 0 <u>(1)</u>	02/20/2008		А		13,000		12/31/2010 <u>(1)</u>	12/31/2010 <u>(1)</u>	Common
Stock Appreciation Right (2)	\$ 48.475	02/20/2008		А		16,200		02/20/2009(2)	02/20/2015	Common

Reporting Owners

Reporting Owner Name / Address	s Relationships								
	Director	10% Owner	Officer	Other					
SCHROEDER SCOTT C 1200 ENCLAVE PARKWAY HOUSTON, TX 77077-1607			Vice President & CFO						
Signatures									
Lisa A. Machesney, Attorney-i Schroeder.	02/22/2008								
**Signature of Report	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).

Award to Reporting Person under 2004 Incentive Plan. The performance shares provide for payment in common stock and cash in an
 (1) amount ranging from 0-200% of the performance shares awarded based upon certain performance criteria over a three-year performance period.

(2) Grant to Reporting Person under 2004 Incentive Plan. SAR becomes exercisable in increments of one-third, (i.e. 5,400, 5,400 and 5,400) on February 20, 2009, February 20, 2010 and February 20, 1011, respectively.

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.