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CABOT OII Form 4 January 06,	L & GAS CORP 2014										
FORM	ЛД								OMB AF	PROVAL	
	STATES S	SECURITIES AND EXCHANGE CC Washington, D.C. 20549					OMMISSION	OMB Number:	3235-0287		
Check th if no lon subject t Section 7 Form 4 o Form 5 obligatio may con <i>See</i> Instr 1(b).	ger o 16. or Filed pur ons tinue.	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 20(b) of the Investment Company Act of 1940								Expires:January 31, 2005Estimated average burden hours per response0.5	
(Print or Type	Responses)										
1. Name and Address of Reporting Person <u>*</u> DINGES DAN O			2. Issuer Name and Ticker or Trading Symbol CABOT OIL & GAS CORP [COG]					5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (N		3. Date of Earliest Transaction (C					(Check	eck all applicable)		
((Month/Day/Year) 01/02/2014				Director 10% Owner X Officer (give title Other (specify below) below) Chairman, President & CEO				
Filed(N				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			
HOUSTON	I, TX 77024							Person		porting	
(City)	(State)	(Zip)	Table	e I - Non-I	Derivative Se	ecurit	ies Acqu	ired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution I any (Month/Day	Date, if y/Year)	Code (Instr. 8)	oror Disposed (Instr. 3, 4 a	l of (D and 5) (A) or))	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)	
Common Stock	01/02/2014			Code V M	Amount 174,788	(D) A	Price (<u>1</u>)	2,381,097	D		
Common Stock	01/02/2014			F	73,324	D	\$ 38.61	2,307,773	D		
Common Stock								916,825	Ι	Held by trust	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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number.

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. Transactio Code (Instr. 8)	5. Number of onDerivative 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 Underlying Securiti (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou Numt Share
Performance Shares	<u>(1)</u>	01/02/2014		М	174,788	(1)	01/02/2014	Common	174,

Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer	Other			
DINGES DAN O 840 GESSNER ROAD, SUITE 1400 HOUSTON, TX 77024			Chairman, President & CEO				
Signatures							
Deidre L. Shearer, Attorney-in-Fact for Dinges	or Dan O.		01/06/2014				
**Signature of Reporting Person			Date				
Explanation of Respo	nses:	:					

* 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).

Each performance share represented the right to receive up to one share of common stock, based on certain performance criteria in a three
 (1) year performance period which ended 12/31/2013. The Compensation Committee of the Board of Directors certified the results on 01/02/2014, which resulted in 100% of the stock being paid out.

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.