

FOREST OIL CORP
Form 4
November 13, 2007

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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 *
Cecil N. Colwell

(Last) (First) (Middle)
707 SEVENTEENTH STREET, SUITE 3600
(Street)

DENVER, CO 80202

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
FOREST OIL CORP [FST]

3. Date of Earliest Transaction (Month/Day/Year)
11/09/2007

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Senior V.P. Worldwide Drilling

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
____ Form filed by More than One Reporting Person

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 Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|-----------------------------------|
| | | | | (A) or (D) | Price | | |
| Common Stock | 11/09/2007 | | S | 600 | D \$ 49.74 | 32,294 | D |
| Common Stock | 11/09/2007 | | S | 200 | D \$ 49.75 | 32,094 | D |
| Common Stock ⁽¹⁾ | 11/09/2007 | | S | 1,100 | D \$ 49.76 | 30,994 | D |
| Common Stock ⁽¹⁾ | 11/09/2007 | | S | 923 | D \$ 49.77 | 30,071 | D |
| Common Stock | 11/09/2007 | | M | 200 | A \$ 20.02 | 30,271 | D |

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| | | | | | | | |
|--------------|------------|---|-------|---|----------|--------|---|
| Common Stock | 11/09/2007 | S | 200 | D | \$ 50.12 | 30,071 | D |
| Common Stock | 11/09/2007 | M | 200 | A | \$ 20.02 | 30,271 | D |
| Common Stock | 11/09/2007 | S | 200 | D | \$ 50.11 | 30,071 | D |
| Common Stock | 11/09/2007 | M | 6,500 | A | \$ 20.02 | 36,571 | D |
| Common Stock | 11/09/2007 | S | 6,500 | D | \$ 50.1 | 30,071 | D |
| Common Stock | 11/09/2007 | M | 200 | A | \$ 20.02 | 30,271 | D |
| Common Stock | 11/09/2007 | S | 200 | D | \$ 50.02 | 30,071 | D |
| Common Stock | 11/09/2007 | M | 100 | A | \$ 20.02 | 30,171 | D |
| Common Stock | 11/09/2007 | S | 100 | D | \$ 50.03 | 30,071 | D |
| Common Stock | 11/09/2007 | M | 4,800 | A | \$ 20.02 | 34,871 | D |
| Common Stock | 11/09/2007 | S | 4,800 | D | \$ 50 | 30,071 | D |
| Common Stock | 11/09/2007 | M | 2,300 | A | \$ 20.02 | 32,371 | D |
| Common Stock | 11/09/2007 | S | 2,300 | D | \$ 50.05 | 30,071 | D |
| Common Stock | 11/09/2007 | M | 2,700 | A | \$ 20.02 | 32,771 | D |
| Common Stock | 11/09/2007 | S | 2,700 | D | \$ 49.77 | 30,071 | D |

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 Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of | 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 | 6. Date Exercisable and Expiration Date (Month/Day/Year) | 7. Title and Amount of Underlying Securities (Instr. 3 and 4) |
|--|------------------------------------|--------------------------------------|--|--------------------------------|---|--|---|
|--|------------------------------------|--------------------------------------|--|--------------------------------|---|--|---|

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| Derivative Security | | | (A) or Disposed of (D) (Instr. 3, 4, and 5) | | Date Exercisable | Expiration Date | Title | Amount or Number of Shares |
|---|----------|------------|--|-------|------------------|-----------------|--------------|----------------------------|
| | | | Code | V | | | | |
| Non-Qualified Stock Option (right to buy) <u>(2)</u> | \$ 20.02 | 11/09/2007 | M | 200 | <u>(3)</u> | 12/07/2010 | Common Stock | 200 |
| Non-Qualified Stock Option (right to buy) <u>(2)</u> | \$ 20.02 | 11/09/2007 | M | 200 | <u>(3)</u> | 12/07/2010 | Common Stock | 200 |
| Non-Qualified Stock Option (right to buy) <u>(2)</u> | \$ 20.02 | 11/09/2007 | M | 6,500 | <u>(3)</u> | 12/07/2010 | Common Stock | 6,500 |
| Non-Qualified Stock Option (right to buy) <u>(2)</u> | \$ 20.02 | 11/09/2007 | M | 200 | <u>(3)</u> | 12/07/2010 | Common Stock | 200 |
| Non-Qualified Stock Option (right to buy) <u>(2)</u> | \$ 20.02 | 11/09/2007 | M | 100 | <u>(3)</u> | 12/07/2010 | Common Stock | 100 |
| Non-Qualified Stock Option (right to buy) <u>(2)</u> | \$ 20.02 | 11/09/2007 | M | 4,800 | <u>(3)</u> | 12/07/2010 | Common Stock | 4,800 |
| Non-Qualified Stock Option (right to buy) <u>(2)</u> | \$ 20.02 | 11/09/2007 | M | 2,300 | <u>(3)</u> | 12/07/2010 | Common Stock | 2,300 |
| Non-Qualified Stock Option (right to buy) <u>(2)</u> | \$ 20.02 | 11/09/2007 | M | 2,700 | <u>(3)</u> | 12/07/2010 | Common Stock | 2,700 |

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

Cecil N. Colwell
707 SEVENTEENTH STREET
SUITE 3600
DENVER, CO 80202

Senior V.P. Worldwide Drilling

Signatures

By: Lizbeth J. Stenmark, attorney-in-fact For: Cecil N.
Colwell

11/13/2007

__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).
- (1) This report includes non-reportable acquisitions by the reporting person pursuant to the 1999 Employee Stock Purchase Plan of Forest Oil Corporation.
On March 2, 2006, Forest completed a spin-off transaction involving a wholly-owned subsidiary, which was subsequently merged with a subsidiary of Mariner Energy, Inc. The number and the exercise price of all outstanding stock options granted under Forest's equity incentive plans were adjusted to reflect the spin-off.
- (3) This option becomes exercisable in installments: 20 percent of this option vests immediately and the remaining 80 percent of this option vests in 20 percent increments on each of the first four anniversaries of the date of grant.

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.