

Casteel Marty
Form 4
May 21, 2010

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 *
Casteel Marty

2. Issuer Name and Ticker or Trading Symbol
SIMMONS FIRST NATIONAL CORP [SFNC]

5. Relationship of Reporting Person(s) to Issuer
(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
05/20/2010

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
EVP

SIMMONS FIRST NATIONAL CORP, 501 MAIN STREET
(Street)

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

PINE BLUFF, AR 71603

(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 Ownership (Instr. 4)
				(A) or (D)	Price		
				Code V	Amount		
SFNC	05/20/2010		M	A	\$ 12.13	14,834	D
SFNC	05/20/2010		S	D	\$ 27.37	12,834	D
SFNC						691	D
SFNC						7,548	D
SFNC						3,451	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 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		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Security (Instr. 3 and 4)	Amount or Number of Shares
					Acquired (A)	Disposed of (D)	Date Exercisable	Expiration Date		
Incentive Stock Option	\$ 12.13	05/07/2001	05/20/2010	M	2,000		05/07/2005	05/07/2011	Common	2,000
Incentive Stock Option	\$ 12.13	05/07/2001		X	0		05/07/2005	05/07/2011	Common	4,000
Incentive Stock Option	\$ 23.78	07/26/2004		X	0		12/31/2005	07/26/2014	Common	2,000
Incentive Stock Option	\$ 24.5	05/23/2005		X	0		12/31/2005	05/24/2015	Common	920
Incentive Stock Option	\$ 26.19	05/22/2006		X	0		05/22/2007	05/20/2016	Common	200
Incentive Stock Option	\$ 26.19	05/22/2006		X	0		05/22/2008	05/20/2016	Common	200
Incentive Stock Option	\$ 26.19	05/22/2006		X	0		05/22/2009	05/20/2016	Common	200
Incentive Stock Option	\$ 26.19	05/22/2006		X	0		05/22/2010	05/20/2016	Common	200
Incentive Stock Option	\$ 26.19	05/22/2006		X	0		05/22/2011	05/20/2016	Common	200
Incentive Stock Option	\$ 28.42	05/31/2007		X	0		05/31/2008	05/31/2017	Common	240
Incentive Stock Option	\$ 28.42	05/31/2007		X	0		05/31/2009	05/31/2017	Common	240
Incentive Stock Option	\$ 28.42	05/31/2007		X	0		05/31/2010	05/31/2017	Common	240

