

NEWFIELD EXPLORATION CO /DE/
 Form 3
 May 11, 2009

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0104
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

INITIAL STATEMENT OF 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 * Â Howard Daryll T (Last) (First) (Middle) 363 N. SAM HOUSTON PKWY E, SUITE 100 (Street) HOUSTON, Â TX Â 77060 (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) 05/07/2009	3. Issuer Name and Ticker or Trading Symbol NEWFIELD EXPLORATION CO /DE/ [NFX]	4. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer <input type="checkbox"/> Other (give title below) (specify below) V.P.-Rocky Mountains	5. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
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Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
common stock	4,071	I	By 401k
common stock	29,974	D	Â
common stock	110	I	By IRA
common stock	100	I	By Roth IRA
common stock	1,000	I	By Rollover IRA

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

SEC 1473 (7-02)

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.

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
employee stock option - right to buy	Â (1)	02/10/2010	common stock	5,000	\$ 14.91	D	Â
employee stock option - right to buy	Â (2)	02/09/2011	common stock	10,000	\$ 19.02	D	Â
employee stock option - right to buy	Â (3)	02/07/2012	common stock	10,000	\$ 16.87	D	Â
employee stock option - right to buy	Â (4)	08/14/2012	common stock	5,000	\$ 16.25	D	Â
employee stock option - right to buy	Â (5)	02/12/2013	common stock	10,000	\$ 16.6	D	Â
employee stock option - right to buy	Â (6)	02/11/2014	common stock	10,000	\$ 24.49	D	Â
employee stock option - right to buy	Â (7)	02/07/2018	common stock	5,200	\$ 48.45	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Howard Daryll T 363 N. SAM HOUSTON PKWY E, SUITE 100 HOUSTON, TX 77060	Â	Â	Â V.P.-Rocky Mountains	Â

Signatures

/S/ Michelle S. Miller as attorney-in-fact for Daryll T.
Howard 05/11/2009

Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 5(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) The option vested in five equal annual installments beginning on February 10, 2001.
- (2) The option vested in five equal annual installments beginning on February 9, 2002.
- (3) The option vested in five equal annual installments beginning on February 7, 2003.
- (4) The option vested in five equal annual installments beginning on August 14, 2003.
- (5) The option vested in five equal annual installments beginning on February 12, 2004.

- (6) The option vested in five equal annual installments beginning on February 11, 2005.
- (7) The option vests in five equal annual installments beginning on February 7, 2009.

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Remarks:

ExhibitÂ List:

ExhibitÂ 24-PowerÂ ofÂ Attorney

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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