

MAY J THOMAS
Form 4
March 22, 2006

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

OMB APPROVAL

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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 *
MAY J THOMAS

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)
SIMMONS FIRST NATIONAL CORP, 501 MAIN STREET
(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
03/20/2006

___ Director ___ 10% Owner
X Officer (give title below) ___ Other (specify below)
Chairman & CEO

PINE BLUFF, AR 71611

4. If Amendment, Date Original Filed(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 Person

(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 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)	
			Code	V	Amount					(D)
SFNC	03/20/2006		M		54,000	A	\$ 13.5	158,219	D	
SFNC	03/20/2006		F		12,603	D	\$ 28.92	145,616	D	
SFNC	03/20/2006		D		27,000	D	\$ 28.92	118,616	D	
SFNC								4,200	I	IRA-Regions
SFNC								14,306	I	IRA-Stephens
SFNC								1,072	I	By Spouse
SFNC								1,725	I	Cust. (Son)

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SFNC

1,740

I

Cust.
(Daughter)

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

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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 Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
					V	(A)	(D)	Date Exercisable	Expiration Date	Title
Stock Option	\$ 13.5	05/29/1997	03/20/2006	M	18,000		05/29/1997	05/29/2007	Common	18,000
Stock Option	\$ 13.5	05/29/1997	03/20/2006	M	18,000		05/29/1998	05/29/2008	Common	18,000
Stock Option	\$ 13.5	05/29/1997	03/20/2006	M	18,000		05/29/1999	05/29/2009	Common	18,000
Stock Option	\$ 13.5	05/29/1997		X	0		05/29/2000	05/28/2010	Common	18,000
Stock Option	\$ 13.5	05/29/1997		X	0		05/29/2001	05/28/2011	Common	18,000
Stock Option	\$ 12.13	05/07/2001		X	0		05/07/2001	05/06/2011	Common	16,000
Stock Option	\$ 12.13	05/07/2001		X	0		05/07/2002	05/06/2012	Common	16,000
Stock Option	\$ 12.13	05/07/2001		X	0		05/07/2003	05/06/2013	Common	16,000
Stock Option	\$ 12.13	05/07/2001		X	0		05/07/2004	05/06/2014	Common	16,000
Stock Option	\$ 12.13	05/07/2001		X	0		05/07/2005	05/06/2015	Common	16,000
Incentive Stock	\$ 12.13	05/07/2001		X	0		05/07/2001	05/06/2011	Common	6,000

Option									
Incentive Stock Option	\$ 12.13	05/07/2001	X	0	05/07/2002	05/06/2011	Common	6,000	
Incentive Stock Option	\$ 12.13	05/07/2001	X	0	05/07/2003	05/06/2011	Common	6,000	
Incentive Stock Option	\$ 12.13	05/07/2001	X	0	05/07/2004	05/06/2011	Common	6,000	
Incentive Stock Option	\$ 12.13	05/07/2001	X	0	05/07/2005	05/06/2011	Common	6,000	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MAY J THOMAS SIMMONS FIRST NATIONAL CORP 501 MAIN STREET PINE BLUFF, AR 71611			Chairman & CEO	

Signatures

/s/ J. Thomas by Piper P.
Erwin

03/22/2006

**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).

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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