

VINTAGE PETROLEUM INC
 Form 4
 March 24, 2005

FORM 4

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

OMB APPROVAL

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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 *
MEIMERSTORF MICHAEL F

2. Issuer Name and Ticker or Trading Symbol
VINTAGE PETROLEUM INC [VPI]

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

(Last) (First) (Middle)
110 WEST SEVENTH STREET, SUITE 2300
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
03/23/2005

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

TULSA, OK 74119

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

(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)		
				Code	V	Amount				(A) or (D)	Price
Common Stock	03/23/2005		M			27,100	A	\$ 15.5	151,400	D	
Common Stock	03/23/2005		M			7,900	A	\$ 9.6875	159,300	D	
Common Stock	03/23/2005		S			29,300	D	\$ 31.75	130,000	D	
Common Stock	03/23/2005		S			1,400	D	\$ 31.76	128,600	D	
Common Stock	03/23/2005		S			800	D	\$ 31.77	127,800	D	

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Common Stock	03/23/2005	S	700	D	\$ 31.78	127,100	D	
Common Stock	03/23/2005	S	900	D	\$ 31.79	126,200	D	
Common Stock	03/23/2005	S	500	D	\$ 31.8	125,700	D	
Common Stock	03/23/2005	S	600	D	\$ 31.81	125,100	D	
Common Stock	03/23/2005	S	300	D	\$ 31.82	124,800	D	
Common Stock	03/23/2005	S	300	D	\$ 31.83	124,500	D	
Common Stock	03/23/2005	S	200	D	\$ 31.84	124,300	D	
Common Stock						6,616 ⁽¹⁾	I	By 401(k) Plan

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.

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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)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Employee Stock Option (right to buy) ⁽²⁾	\$ 15.5	03/23/2005		M	27,100	03/07/2000	03/06/2007	Common Stock	27,100
Employee Stock Option (right to	\$ 9.6875	03/23/2005		M	7,900	03/15/1999	03/14/2006	Common Stock	7,900

