FOREST OIL CORP
Form 4
May 22, 2008

FORM 4

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

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

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).

(Print or Type Responses)

1. Name and Address of Reporting Person *
Clark H. Craig

(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)
05/21/2008

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

__X__ Director _____ 10% Owner
__X__ Officer (give title below) _____ Other (specify below)
President & CEO, Director

6. Individual or Joint/Group Filing(Check Applicable Line)
_X_ 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	05/21/2008		M		202	A	$ 18.19	277,069	D	
Common Stock	05/21/2008		S		202	D	$ 69.02	276,867	D	
Common Stock	05/21/2008		M		1,858	A	$ 18.19	278,725	D	
Common Stock	05/21/2008		S		1,858	D	$ 69.01	276,867	D	
Common Stock	05/21/2008		M		5,544	A	$ 18.19	282,411	D	

Common Stock	05/21/2008	S	5,544	D	$ 69	276,867	D	
Common Stock	05/21/2008	M	100	A	$ 18.19	276,967	D	
Common Stock	05/21/2008	S	100	D	$ 69.46	276,867	D	

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

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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 Underlying Securitie (Instr. 3 and 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Shares
Non-Qualified Stock Option (right to buy) (1)	$ 18.19	05/21/2008		M			500	(2)	09/05/2011	Common Stock	500
Non-Qualified Stock Option (right to buy) (1)	$ 18.19	05/21/2008		M			1	(2)	09/05/2011	Common Stock	1
Non-Qualified Stock Option (right to buy) (1)	$ 18.19	05/21/2008		M			99	(2)	09/05/2011	Common Stock	99
Non-Qualified Stock Option (right to buy) (1)	$ 18.19	05/21/2008		M			100	(2)	09/05/2011	Common Stock	100
Non-Qualified Stock Option (right to buy)	$ 18.19	05/21/2008		M			100	(2)	09/05/2011	Common Stock	100

[(1)]								
Non-Qualified Stock Option (right to buy) [(1)]	$ 18.19	05/21/2008	M	100	[(2)]	09/05/2011	Common Stock	100
Non-Qualified Stock Option (right to buy) [(1)]	$ 18.19	05/21/2008	M	456	[(2)]	09/05/2011	Common Stock	456
Non-Qualified Stock Option (right to buy) [(1)]	$ 18.19	05/21/2008	M	300	[(2)]	09/05/2011	Common Stock	300
Non-Qualified Stock Option (right to buy) [(1)]	$ 18.19	05/21/2008	M	100	[(2)]	09/05/2011	Common Stock	100
Non-Qualified Stock Option (right to buy) [(1)]	$ 18.19	05/21/2008	M	1,100	[(2)]	09/05/2011	Common Stock	1,10
Non-Qualified Stock Option (right to buy) [(1)]	$ 18.19	05/21/2008	M	444	[(2)]	09/05/2011	Common Stock	444
Non-Qualified Stock Option (right to buy) [(1)]	$ 18.19	05/21/2008	M	800	[(2)]	09/05/2011	Common Stock	800
Non-Qualified Stock Option (right to buy) [(1)]	$ 18.19	05/21/2008	M	500	[(2)]	09/05/2011	Common Stock	500
Non-Qualified Stock Option (right to buy) [(1)]	$ 18.19	05/21/2008	M	400	[(2)]	09/05/2011	Common Stock	400
Non-Qualified Stock Option (right to buy) [(1)]	$ 18.19	05/21/2008	M	100	[(2)]	09/05/2011	Common Stock	100
Non-Qualified Stock Option (right to buy) [(1)]	$ 18.19	05/21/2008	M	600	[(2)]	09/05/2011	Common Stock	600

Non-Qualified Stock Option (right to buy) [1]	$ 18.19	05/21/2008	M	1,200	[2]	09/05/2011	Common Stock	1,20
Non-Qualified Stock Option (right to buy) [1]	$ 18.19	05/21/2008	M	500	[2]	09/05/2011	Common Stock	500
Non-Qualified Stock Option (right to buy) [1]	$ 18.19	05/21/2008	M	300	[2]	09/05/2011	Common Stock	300
Non-Qualified Stock Option (right to buy) [1]	$ 18.19	05/21/2008	M	500	[2]	09/05/2011	Common Stock	500
Non-Qualified Stock Option (right to buy) [1]	$ 18.19	05/21/2008	M	1,000	[2]	09/05/2011	Common Stock	1,00
Non-Qualified Stock Option (right to buy) [1]	$ 18.19	05/21/2008	M	300	[2]	09/05/2011	Common Stock	300
Non-Qualified Stock Option (right to buy) [1]	$ 18.19	05/21/2008	M	100	[2]	09/05/2011	Common Stock	100
Non-Qualified Stock Option (right to buy) [1]	$ 18.19	05/21/2008	M	600	[2]	09/05/2011	Common Stock	600
Non-Qualified Stock Option (right to buy) [1]	$ 18.19	05/21/2008	M	1,596	[2]	09/05/2011	Common Stock	1,59
Non-Qualified Stock Option (right to buy) [1]	$ 18.19	05/21/2008	M	700	[2]	09/05/2011	Common Stock	700
Non-Qualified Stock Option (right to buy) [1]	$ 18.19	05/21/2008	M	300	[2]	09/05/2011	Common Stock	300
	$ 18.19	05/21/2008	M	459	[2]	09/05/2011		459

Non-Qualified Stock Option (right to buy) (1)								Common Stock	
Non-Qualified Stock Option (right to buy) (1)	$ 18.19	05/21/2008		M	800	(2)	09/05/2011	Common Stock	800
Non-Qualified Stock Option (right to buy) (1)	$ 18.19	05/21/2008		M	500	(2)	09/05/2011	Common Stock	500

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Clark H. Craig 707 SEVENTEENTH STREET SUITE 3600 DENVER, CO 80202	X		President & CEO, Director	

Signatures

By: Roberta L. Louis, attorney-in-fact For: H. Craig Clark	05/22/2008
**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) 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.

(2) This option becomes exercisable in four equal installments on each of the first four anniversaries of the date of grant.

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