

PIONEER NATURAL RESOURCES CO
 Form 4
 June 30, 2010

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 *
 SHEFFIELD SCOTT D

2. Issuer Name and Ticker or Trading Symbol
 PIONEER NATURAL RESOURCES CO [PXD]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 5205 N. O'CONNOR BLVD.,
 SUITE 200
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 06/28/2010

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

IRVING, TX 75039

(City) (State) (Zip)

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

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)
Common Stock					22,133 ⁽¹⁾	I	401(k)
Common Stock	06/28/2010		M	6,998 A	\$ 24.25 629,281	D	
Common Stock	06/28/2010		S	100 D	\$ 64.21 629,181	D	
Common Stock	06/28/2010		S	500 D	\$ 64.22 628,681	D	
Common Stock	06/28/2010		S	400 D	\$ 64.23 628,281	D	

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Common Stock	06/28/2010	S	200	D	\$ 64.2375	628,081	D
Common Stock	06/28/2010	S	700	D	\$ 64.24	627,381	D
Common Stock	06/28/2010	S	200	D	\$ 64.245	627,181	D
Common Stock	06/28/2010	S	200	D	\$ 64.26	626,981	D
Common Stock	06/28/2010	S	200	D	\$ 64.27	626,781	D
Common Stock	06/28/2010	S	100	D	\$ 64.28	626,681	D
Common Stock	06/28/2010	S	300	D	\$ 64.3	626,381	D
Common Stock	06/28/2010	S	500	D	\$ 64.31	625,881	D
Common Stock	06/28/2010	S	200	D	\$ 64.315	625,681	D
Common Stock	06/28/2010	S	400	D	\$ 64.32	625,281	D
Common Stock	06/28/2010	S	500	D	\$ 64.326	624,781	D
Common Stock	06/28/2010	S	400	D	\$ 64.33	624,381	D
Common Stock	06/28/2010	S	398	D	\$ 64.3437	623,983	D
Common Stock	06/28/2010	S	200	D	\$ 64.345	623,783	D
Common Stock	06/28/2010	S	400	D	\$ 64.35	623,383	D
Common Stock	06/28/2010	S	100	D	\$ 64.37	623,283	D
Common Stock	06/28/2010	S	200	D	\$ 64.38	623,083	D
Common Stock	06/28/2010	S	100	D	\$ 64.39	622,983	D
Common Stock	06/28/2010	S	200	D	\$ 64.395	622,783	D
Common Stock	06/28/2010	S	100	D	\$ 64.41	622,683	D
	06/28/2010	S	200	D	\$ 64.43	622,483	D

Common
Stock

Common Stock 06/28/2010 S 200 D \$ 64.51 622,283 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 of Underlying Security (Instr. 3 and 4)	8. Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 24.25	06/28/2010		M	6,998	02/18/2006 02/18/2011	Common Stock	6,998

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SHEFFIELD SCOTT D 5205 N. O'CONNOR BLVD., SUITE 200 IRVING, TX 75039			Chairman & CEO	

Signatures

Mark H. Kleinman, Attorney-in-Fact For Scott D. Sheffield 06/30/2010

__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).

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- (1) Consists of shares beneficially owned as a result of reporting person's ownership of units in the Pioneer Natural Resources USA, Inc. 401(k) Plan

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.