SHEPPARD LARRY W

Form 4 June 17, 2005

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB

Number:

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SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue.

30(h) of the Investment Company Act of 1940

1(b).

Common

Stock

06/16/2005

(Print or Type Responses)

See Instruction

1. Name and Address of Reporting Person * SHEPPARD LARRY W			2. Issuer Name and Ticker or Trading Symbol VINTAGE PETROLEUM INC [VPI]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
(Last) 110 WEST SE STREET, SU		(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 06/16/2005	Director 10% Owner Str. VP - New Ventures
TULSA, OK	(Street) 74119		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) Tabl	e I - Non-E	Derivative S	Securi	ties Acqu	ired, Disposed of	, or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)			of (D)	5. Amount of Securities Ownership Beneficially Form: Direct Owned (D) or Following Indirect (I) Reported (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common Stock	06/16/2005		M	60,000	A	\$ 15.5	108,950	D	
Common Stock	06/16/2005		M	55,000	A	\$ 7.25	163,950	D	
Common Stock	06/16/2005		S	75,700	D	\$ 29.5	88,250	D	
Common Stock	06/16/2005		S	700	D	\$ 29.54	87,550	D	

100

D

87,450

D

S

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Common Stock	06/16/2005	S	8,800	D	\$ 29.53	78,650	D	
Common Stock	06/16/2005	S	2,300	D	\$ 29.58	76,350	D	
Common Stock	06/16/2005	S	1,600	D	\$ 29.62	74,750	D	
Common Stock	06/16/2005	S	200	D	\$ 29.67	74,550	D	
Common Stock	06/16/2005	S	100	D	\$ 29.57	74,450	D	
Common Stock						14,731 <u>(1)</u>	I	401(k) Plan

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. Transactic Code (Instr. 8)	orDer Sec Acc or I (D)	eurities quired (A) Disposed of str. 3, 4,	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 Sha
Employee Stock Option (right to buy) (2)	\$ 15.5	06/16/2005		M		47,100	03/07/2000	03/06/2007	Common Stock	47,1
Employee Stock Option (right to buy) (3)	\$ 15.5	06/16/2005		M		12,900	03/07/2000(4)	03/06/2007	Common Stock	12,9
Employee Stock Option (right to	\$ 7.25	06/16/2005		M		55,000	03/16/2002	03/15/2009	Common Stock	55,0

buy)

Reporting Owners

Reporting Owner Name / Address	Relationships							
Tropozona o Wiles I time / Januaress	Director	10% Owner	Officer	Other				
SHEPPARD LARRY W 110 WEST SEVENTH STREET SUITE 2300 TULSA, OK 74119			Sr.VP - New Ventures					

Signatures

Larry W.
Sheppard

**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) Information is based on a plan statement dated as of June 16, 2005.
- (2) This option was previously reported as covering 23,550 shares at an exercise price of \$31.00 per share, but was adjusted to reflect a two-for-one stock split on October 7, 1997.
- (3) This option was previously reported as covering 6,450 shares at an exercise price of \$31.00 per share, but was adjusted to reflect a two-for-one stock split on October 7, 1997.
- (4) This option became exercisable in increments as follows: 6,450 shares beginning March 7, 2000, and 6,450 shares beginning January 1, 2001.

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.

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