

FOREST OIL CORP

Form 4

March 07, 2005

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

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

OMB APPROVAL

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
Cecil N. Colwell

(Last) (First) (Middle)

1600 BROADWAY, SUITE 2200

(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)

03/04/2005

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

____ Director ____ 10% Owner
X Officer (give title below) ____ Other (specify below)

Sr. V.P. - Worldwide Drilling

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)
Common Stock	03/04/2005		M	2,400 A	\$ 14.875 8,661	D	
Common Stock	03/04/2005		S	2,400 D	\$ 42.35 6,261	D	
Common Stock	03/04/2005		M	4,800 A	\$ 20 11,061	D	
Common Stock	03/04/2005		S	4,800 D	\$ 42.35 6,261	D	
Common Stock	03/04/2005		M	300 A	\$ 35 6,561	D	

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Common Stock	03/04/2005	S	300	D	\$ 42.41	6,261	D
Common Stock	03/04/2005	M	400	A	\$ 28	6,661	D
Common Stock	03/04/2005	S	400	D	\$ 42.35	6,261	D
Common Stock	03/04/2005	M	2,200	A	\$ 35	8,461	D
Common Stock	03/04/2005	S	2,200	D	\$ 42.35	6,261	D

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

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(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)	Amount or Number of Shares
				Code	V (A) (D)	Date Exercisable Expiration Date	Title	
Non-Qualified Stock Option (right to buy)	\$ 14.875	03/04/2005		M	2,400	(1) 03/23/2009	Common Stock	2,400
Non-Qualified Stock Option (right to buy)	\$ 20	03/04/2005		M	4,800	(1) 12/23/2009	Common Stock	4,800
Non-Qualified Stock Option (right to buy)	\$ 28	03/04/2005		M	400	(1) 11/05/2006	Common Stock	400
Non-Qualified Stock Option (right to buy)	\$ 35	03/04/2005		M	300	(1) 11/11/2007	Common Stock	300
Non-Qualified Stock Option	\$ 35	03/04/2005		M	2,200	(1) 11/11/2007	Common Stock	2,200

(right to buy)

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Cecil N. Colwell 1600 BROADWAY, SUITE 2200 DENVER, CO 80202			Sr. V.P. - Worldwide Drilling	

Signatures

By: Lizbeth J. Stenmark, attorney-in-fact For: Cecil N. Colwell

03/07/2005

__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) This option becomes exercisable in installments: 20 percent of this option vests immediately and the remaining 80 percent of this option vests in 20 percent increments on each of the first four anniversaries of the date of grant.

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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