

SIMPLOT J R
Form 4
June 29, 2006

FORM 4

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

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).

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 *
SIMPLOT J R

2. Issuer Name and Ticker or Trading Symbol
REMINGTON OIL & GAS CORP
[REM]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
999 MAIN ST

(Street)

3. Date of Earliest Transaction (Month/Day/Year)
06/27/2006

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

BOISE, ID 83702

(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)
			Code	V	Amount	(A) or (D)	Price
Common Stock	06/27/2006		J(1)		2,870,588 (1)	A	\$ 42.5 (1)
					4,527,595	I (2)	

See Footnotes (3) (4)

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.

SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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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)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
						Code	V	(A)	(D)

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SIMPLOT J R 999 MAIN ST BOISE, ID 83702		X		

Signatures

J.R. Simplot, by Ronald N. Graves, as Attorney-in-Fact	06/29/2006
__Signature of Reporting Person	Date
J.R. Simplot Self Declaration of Revocable Trust, by J.R. Simplot, Trustee, by Ronald N. Graves, as Attorney-in-Fact	06/29/2006
__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) See "Explanation of Responses."
- (2) Ownership Form: D: 2,870,588 (See Item 7) I: 1,657,007 (See Item 7)
- (3) Prior to the distribution reported in Item 4 (the "Distribution"), the J.R. Simplot Self Declaration of Revocable Trust, of which Mr. J.R. Simplot is the beneficiary, (the "Trust"), held approximately a 78.28% limited partnership interest in JRS Properties III LP ("JRS Properties III"). A trust for the benefit of Mr. Simplot's spouse ("Mrs. Simplot's Trust") held approximately a 10.11% limited partnership interest in JRS Properties III. **Continued at Footnote 4**
- (4) **Continuation of Footnote 3** Following the Distribution, 1,657,007 shares of REM Common Stock are directly owned by JRS Properties III. (Of these shares, 950,000 shares are subject to previously-reported variable share forward sale contracts and 420,000 shares are subject to a previously-reported variable share postpaid forward sale contract.) The 2,870,588 shares distributed to the Trust by JRS Properties III, as reported in Item 4 above, are not subject to these forward sale contracts. Following the Distribution, the Trust holds approximately a 59.92% limited partnership interest and Mrs. Simplot's Trust holds approximately an 18.65% interest in JRS Properties III.

Remarks:

Explanation of Responses:

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On June 27, 2006, JRS Properties III distributed 2,870,588 shares of Common Stock to the Trust in partial redemption of the T

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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