

Hency Dee W
Form 4
August 18, 2010

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 *
Hency Dee W

2. Issuer Name and Ticker or Trading Symbol
SOUTHWESTERN ENERGY CO
[SWN]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

(Last) (First) (Middle)

SUITE 125, 2350 N. SAM
HOUSTON PARKWAY EAST

(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
08/17/2010

HOUSTON, TX 77032

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

(City) (State) (Zip)

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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	08/17/2010		M		14,720	A	\$ 6.225
Common Stock	08/17/2010		M		8,800	A	\$ 17.745
Common Stock	08/17/2010		M		5,236	A	\$ 20.335
Common Stock	08/17/2010		M		1,603	A	\$ 27.18
Common Stock	08/17/2010		J ⁽²⁾		59.8841	A	\$ 40.8769
							19,033.7301
							107,125 ⁽¹⁾
							115,925
							121,161
							122,764
							By 401(k)

			Plan
Common Stock	800	I	By Child
Common Stock	95,586	I	By Spouse

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 Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Stock Options (Right to Buy)	\$ 6.225	08/17/2010		M	14,720	12/09/2005 12/09/2011	Common Stock 14,720
Stock Options (Right to Buy)	\$ 17.745	08/17/2010		M	8,800	12/08/2006 12/08/2012	Common Stock 8,800
Stock Options (Right to Buy)	\$ 20.335	08/17/2010		M	5,236	12/11/2007 12/11/2013	Common Stock 5,236
Stock Options (Right to Buy)	\$ 27.18	08/17/2010		M	1,603	12/13/2008 12/13/2014	Common Stock 1,603

Reporting Owners

Reporting Owner Name / Address

Relationships

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Director 10% Owner Officer Other

Hency Dee W
SUITE 125
2350 N. SAM HOUSTON PARKWAY EAST
HOUSTON, TX 77032

Senior
Vice
President

Signatures

/s/ Melissa D. McCarty, Attorney-in-Fact for Mr.
Hency

08/18/2010

__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).
- (1) The total number of non-derivative securities beneficially owned by the reporting person has been adjusted to reconcile with the reporting person's records.
- (2) Purchased through the Company's 401(k) plan from December 15, 2009, through August 17, 2010. The information in this report is based on a plan statement dated as of August 17, 2010.

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.