

BOLANDER JAMES L JR

Form 4

March 10, 2011

**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

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(Print or Type Responses)

1. Name and Address of Reporting Person \*  
BOLANDER JAMES L JR

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

5. Relationship of Reporting Person(s) to  
Issuer

(Check all applicable)

(Last) (First) (Middle)  
2350 N. SAM HOUSTON  
PARKWAY EAST, SUITE 125  
(Street)

3. Date of Earliest Transaction  
(Month/Day/Year)  
03/08/2011

\_\_\_\_ Director \_\_\_\_ 10% Owner  
\_X\_ Officer (give title \_\_\_\_ Other (specify  
below) below)  
Vice President

HOUSTON, TX 77032

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)

**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                    | 03/08/2011                           |                                                    | M                              |                                                                   | 1,808  | A          | \$ 17.745  | 18,650                                                                                        | D                                                        |                                                       |
| Common Stock                    | 03/08/2011                           |                                                    | M                              |                                                                   | 6,240  | A          | \$ 20.335  | 24,890                                                                                        | D                                                        |                                                       |
| Common Stock                    | 03/08/2011                           |                                                    | M                              |                                                                   | 7,320  | A          | \$ 27.18   | 32,210                                                                                        | D                                                        |                                                       |
| Common Stock                    | 03/08/2011                           |                                                    | M                              |                                                                   | 4,363  | A          | \$ 30.68   | 36,573                                                                                        | D                                                        |                                                       |
| Common Stock                    | 03/08/2011                           |                                                    | S                              |                                                                   | 19,731 | D          | \$ 37.5484 | 16,842                                                                                        | D                                                        |                                                       |

# Edgar Filing: BOLANDER JAMES L JR - Form 4

(1)

Common Stock      03/08/2011      J<sup>(2)</sup>      26.6889      A      \$ 37.29      5,637.0375      I      By 401(K) Plan

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)

| 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. Amount or Number of Shares |
|--------------------------------------------|--------------------------------------------------------|--------------------------------------|----------------------------------------------------|--------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------|---------------------------------------------------------------|-------------------------------|
|                                            |                                                        |                                      |                                                    | Code                           | V (A) (D)                                                                               | Date Exercisable                                         | Expiration Date | Title                                                         | Amount or Number of Shares    |
| Stock Options (Right to Buy)               | \$ 17.745                                              | 03/08/2011                           |                                                    | M                              | 1,808                                                                                   | 12/08/2006                                               | 12/08/2012      | Common Stock                                                  | 1,808                         |
| Stock Options (Right to Buy)               | \$ 20.335                                              | 03/08/2011                           |                                                    | M                              | 6,240                                                                                   | 12/11/2007                                               | 12/11/2013      | Common Stock                                                  | 6,240                         |
| Stock Options (Right to Buy)               | \$ 27.18                                               | 03/08/2011                           |                                                    | M                              | 7,320                                                                                   | 12/13/2008                                               | 12/13/2014      | Common Stock                                                  | 5,506                         |
| Stock Options (Right to Buy)               | \$ 30.68                                               | 03/08/2011                           |                                                    | M                              | 4,363                                                                                   | 12/11/2009                                               | 12/11/2015      | Common Stock                                                  | 4,363                         |

## Reporting Owners

Reporting Owner Name / Address

Relationships

## Edgar Filing: BOLANDER JAMES L JR - Form 4

Director      10% Owner      Officer      Other

BOLANDER JAMES L JR  
2350 N. SAM HOUSTON PARKWAY EAST  
SUITE 125  
HOUSTON, TX 77032

Vice  
President

## Signatures

/s/ Melissa D. McCarty, Attorney-in-Fact for James L.  
Bolander, Jr.

03/10/2011

\_\_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).

- This transaction was executed in multiple trades at prices ranging from \$37.36 to \$37.71. The price reported above in Column 4 reflects
- (1) the weighted average sale price. The reporting person hereby undertakes to provide, upon written request, to the SEC staff, the issuer, or a security holder of the issuer, full information regarding the number of shares and prices at which the transactions were effected.
  - (2) Purchased through the Company's 401(k) plan from December 8, 2010, thru March 8, 2011. The information in this report is based on a plan statement dated March 8, 2011.

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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