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BANCFIRS Form 4 July 26, 200	ST CORP /OK/)6								
FORM	ЛЛ							OMB AF	PROVAL
	UNITEDS		URITIES A Vashington			ANGE C	OMMISSION	OMB Number:	3235-0287
Check the check	nger							Expires:	January 31, 2005
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							verage		
(Print or Type	Responses)								
	Address of Reporting P	Sym	suer Name an ol JCFIRST C			-	5. Relationship of Issuer	Reporting Pers	on(s) to
(Last)	(First) (M		te of Earliest T				(Check	k all applicable)
101 N. BR	· · · ·	(Mor	th/Day/Year) 4/2006	runsuetion			Director X Officer (give below) Senior		Owner rr (specify t
	(Street)		Amendment, D	-	al		6. Individual or Joi	int/Group Filin	g(Check
OKLAHO	MA CITY, OK 731		Month/Day/Yea	ar)			Applicable Line) _X_Form filed by O Form filed by M Person		
(City)	(State) (Z	Zip)	able I - Non-	Derivative	e Secu	rities Acq	uired, Disposed of,	, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	-	2A. Deemed Execution Date any (Month/Day/Ye	Code	4. Secur or(A) or D (Instr. 3,	ispose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common			Code V	Amount	(D)	Price	(Instr. 3 and 4)		
Common Stock	07/24/2006		М	26	А	\$ 16.625	26	D	
Common Stock	07/24/2006		М	100	А	\$ 16.625	126	D	
Common Stock	07/24/2006		М	100	А	\$ 16.625	226	D	
Common Stock	07/24/2006		М	200	А	\$ 16.625	426	D	
Common Stock	07/24/2006		М	500	А	\$ 16.625	926	D	

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Common Stock	07/24/2006	М	574	А	\$ 16.625	1,500	D	
Common Stock	07/24/2006	S	26	D	\$ 44.95	1,474	D	
Common Stock	07/24/2006	S	100	D	\$ 44.85	1,374	D	
Common Stock	07/24/2006	S	100	D	\$ 44.94	1,274	D	
Common Stock	07/24/2006	S	200	D	\$ 44.76	1,074	D	
Common Stock	07/24/2006	S	500	D	\$ 44.75	574	D	
Common Stock	07/24/2006	S	574	D	\$ 44.765	0	D	
Common Stock						10,377.409	Ι	ESOP

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.

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)	Derivati Securiti Acquire (A) or Dispose of (D) (Instr. 3	Derivative (Month/Day/Year) Securities Acquired (A) or Disposed of (D) Instr. 3, 4,		e	7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	and 5) (A) (I	D)	Date Exercisable	Expiration Date	Title	Amoun or Numbe of Shares
Non-Qualified Stock Option (right to buy)	\$ 16.625	07/24/2006		М	2	26	06/25/2003	06/25/2014	Common Stock	26
Non-Qualified Stock Option (right to buy)	\$ 16.625	07/24/2006		М	10	00	06/25/2003	06/25/2014	Common Stock	100

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Non-Qualified Stock Option (right to buy)	\$ 16.625	07/24/2006	М	100	06/25/2003	06/25/2014	Common Stock	100
Non-Qualified Stock Option (right to buy)	\$ 16.625	07/24/2006	М	200	06/25/2003	06/25/2014	Common Stock	200
Non-Qualified Stock Option (right to buy)	\$ 16.625	07/24/2006	М	500	06/25/2003	06/25/2014	Common Stock	500
Non-Qualified Stock Option (right to buy)	\$ 16.625	07/24/2006	М	574	06/25/2003	06/25/2014	Common Stock	574

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
ROGERS J MICHAEL 101 N. BROADWAY OKLAHOMA CITY, OK 73102			Senior Vice President					
Signatures								
By: Randy Foraker For: J. Micha Rogers	el	07/26/2	006					
** 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).

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.