ST MARY LAND & EXPLORATE Form 8-K April 21, 2006 UNITED STATES	ION CO	
SECURITIES AND EXCHANGE COMM	ISSION	
Washington, D.C. 20549		
FORM 8-K		
CURRENT REPORT		
Pursuant to Section 13 or 15(d) of the Se	curities Exchange Act of 1934	
Date of Report (Date of earliest event report	rted)	
April 21, 2006 (April 21, 2006)		
St. Mary Land & Exploration Company (Exact name of registrant as specified in its		
Delaware (State or other jurisdiction of incorporation)	001-31539 (Commission File Number)	41-0518430 (I.R.S. Employer Identification No.)
1776 Lincoln Street, Suite 700, Denver, Co	olorado 80203	
(Address of principal executive offices)	(Zip Code)	
Registrant s telephone number, including a	area code: (303) 861-8140	
Not applicable		

(Former name or former address, if changed since last report.)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2.):
[_] Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
[_] Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
[_] Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
[_] Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01 Regulation FD Disclosure.

In accordance with General Instruction B.2. of Form 8-K, the following information, including Exhibit 99.1, shall not be deemed filed for purposes of Section 18 of the Securities Exchange Act of 1934, nor shall such information and Exhibit be deemed incorporated by reference in any filing under the Securities Act of 1933, except as shall be expressly set forth by specific reference in such a filing.

On April 21, 2006, St. Mary Land & Exploration issued a press release announcing a regular semi-annual five cent per share cash dividend to be paid on May 15, 2006 to stock holders of record as of the close of business on May 5, 2006. A copy of the press release is furnished as Exhibit 99.1 to this report.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits. The following exhibit is furnished as part of this report:

Exhibit 99.1 Press release of St. Mary Land & Exploration Company dated April 21, 2006

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

ST. MARY LAND & EXPLORATION COMPANY

Date: April 21, 2006 By: /S/ DAVID W. HONEYFIELD

David W. Honeyfield
Vice President Chief Financial Officer, Secretary
and Treasurer