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SIMPLOT J R  
Form 144  
February 21, 2003

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

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

1(a) NAME OF ISSUER (Please type or print)

Remington Oil and Gas Corporation

(b) IRS IDENT. NO.

75-2369148

(c) S.E.C. FILE NO.

1-11516

1(d) ADDRESS OF ISSUER (Street, City, State, Zip Code)

8201 Preston Road, Suite 600  
Dallas, TX 75225-6211

(e) TELEPHONE NO.

(214) 210-2650

2(a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD

JRS Properties L.P.

(b) SOCIAL SECURITY NO. OR IRS IDENT. NO.

82-0485383

(c) RELATIONSHIP TO ISSUER

10% Owner

(d) ADDRESS (Street, City, State, Zip Code)

999 Main Street, Suite 1300  
Boise, ID 83702

3(a) TITLE OF THE CLASS OF SECURITIES TO BE SOLD

Common

(b) NAME AND ADDRESS OF EACH BROKER THROUGH WHOM THE SECURITIES  
ARE TO BE OFFERED OR EACH MARKET MAKER WHO IS ACQUIRING  
THE SECURITIES

Banc of America Securities LLC  
9 West 57th Street

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New York, NY 10019

SEC USE ONLY

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BROKER-DEALER

FILE NUMBER

(c) NUMBER OF SHARES OR OTHER UNITS TO BE SOLD (SEE INSTR. 3(c))

550,000\*

(d) AGGREGATE MARKET VALUE (SEE INSTR. 3(d))

approx. \$10,450,000

(e) NUMBER OF SHARES OR OTHER UNITS OUTSTANDING  
(SEE INSTR. 3(e))

26,234,491

(f) APPROXIMATE DATE OF SALE (SEE INSTR. 3(f)) (MO DAY YR.)

February 20, 2003

(g) NAME OF EACH SECURITIES EXCHANGE (SEE INSTR. 3(g))  
NYSE

REMARKS: \*These shares are subject to a variable share forward  
sale contract.

-1-

TABLE I - SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition  
of the securities to be sold and with respect to the payment of  
all or any part of the purchase price or other consideration  
therefor:

TITLE OF THE CLASS

Common

DATE YOU ACQUIRED

1986-1990

NATURE OF ACQUISITION TRANSACTION

Free stock acquired in the open market

NAME OF PERSON FROM WHOM ACQUIRED (IF GIFT, ALSO GIVE DATE DONOR  
ACQUIRED)

Directly from the Issuer (see address above)

AMOUNT OF SECURITIES ACQUIRED

2,692,900

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DATE OF PAYMENT

1986-1990

NATURE OF PAYMENT

Cash

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## TABLE II - SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

NAME AND ADDRESS OF SELLER

J.R. Simplot Self Declaration of Revocable Trust  
999 Main Street, Suite 1300  
Boise, ID 83702

TITLE OF SECURITIES SOLD

Remington Oil and Gas Corporation Common Stock

DATE OF SALE	AMOUNT OF SECURITIES SOLD	GROSS PROCEEDS
2/11/03	10,000	\$195,400
2/12/03	10,000	196,668
2/13/03	10,000	196,212

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed.

Date Of Notice: February 20, 2003

JRS PROPERTIES, L.P.

By /s/ Ronald N. Graves

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Ronald N. Graves  
Authorized Agent