CABOT OIL & GAS CORP

Form 4

February 23, 2009

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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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 See Instruction

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Ad SMYTH HE	•	rting Person *	2. Issuer Name and Ticker or Trading Symbol CABOT OIL & GAS CORP [COG]	5. Relationship of Reporting Person(s) to Issuer		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check all applicable)		
1200 ENCLAVE PARKWAY			(Month/Day/Year) 02/19/2009	Director 10% Owner Softicer (give title Other (specify below) VP, Controller & Treasurer		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Chec		
HOUSTON,	TX 77077-	1607	Filed(Month/Day/Year)	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 Acc	nuired, Disposed of, or Beneficially Owner		

(City)	(State)	(Zip) Tabl	e I - Non-	Derivative	Secur	ities Acq	uired, Disposed o	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transact Code (Instr. 8)	4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code \	' Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)	(IIIsti. 1)	
Common Stock	01/06/2009		G V	200	D	\$ 0	39,085	D	
Common Stock	02/20/2009		A(1)	1,166	A	\$ 21.46	40,251	D	
Common Stock	02/20/2009		F(2)	309	D	\$ 21.46	39,942	D	
Common Stock	02/22/2009		A(3)	1,466	A	\$ 21.46	41,408	D	
Common Stock	02/22/2009		F(2)	388	D	\$ 21.46	41,020	D	

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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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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	2. Conversion	3. Transaction Date (Month/Day/Year)	Execution Date, if		5. Number prof Derivative		•	7. Title and A Underlying S	Sec
Security (Instr. 3)	or Exercise Price of Derivative Security		any (Month/Day/Year)	Code (Instr. 8)	Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	(Month/Day/Year)	(Instr. 3 and	+)
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	o N o S
Performance Shares	\$ 0	02/19/2009		A	7,870	12/31/2011(4)	12/31/2011(4)	Common	
Stock Appreciation Right	\$ 22.625	02/19/2009		A	8,400	02/19/2010(5)	02/19/2016(5)	Common	

Reporting Owners

Reporting Owner Name / Address	Relationships						
rg	Director	10% Owner	Officer	Other			
SMYTH HENRY C							
1200 ENCLAVE PARKWAY			VP, Controller & Treasurer				
HOUSTON, TX 77077-1607							

Signatures

Lisa A. Machesney, Attorney-in-Fact for Henry C.
Smyth

**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).
- One-third vesting of a hybrid performance share award made on February 20, 2008. Total award of 3,500 shares vests one-third on each of the three one year anniversary dates following February 20, 2008, provided the Company has positive operating income in the year prior to the vesting.
- (2) Disposition of shares to cover tax liability on the hybrid performance share award vesting.

Reporting Owners 2

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- One-third vesting of a hybrid performance share award made on February 22, 2007. Total award of 4,400 shares vests one-third on each of the three one year anniversary dates following February 22, 2007, provided the Company has positive operating income in the year prior to the vesting.
- (4) The performance shares provide for payment in common stock and cash in an amount ranging from 0-200% of the performance shares awarded based upon certain performance criteria over a three year performance period.
- (5) Grant to Reporting Person under 2004 Incentive Plan. SAR becomes exercisable in increments of one-third, (i.e. 2,800, 2,800, 2,800) on February 19, 2010, February 19, 2011 and February 19, 2012, respectively.

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.