

CONTINENTAL RESOURCES INC

Form 4

March 31, 2009

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 *
Straeter Richard H

2. Issuer Name **and** Ticker or Trading
Symbol
CONTINENTAL RESOURCES INC
[CLR]

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction
(Month/Day/Year)
03/27/2009

____ Director ____ 10% Owner
X Officer (give title ____ Other (specify
below) below)
President - Eastern Division

P.O. BOX 1032, 302 N.
INDEPENDENCE

(Street)

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

ENID, OK 73702

(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	03/27/2009		S		6,503	D	\$ 22.4213	49,946 ⁽²⁾ ⁽³⁾ ₍₁₎	D	
Common Stock	03/27/2009		S		8,497	D	\$ 22.4069	28,951 ⁽³⁾ ₍₄₎	I	Owned by Mrs. Rose M. Straeter, wife

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 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. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 10)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
Straeter Richard H P.O. BOX 1032 302 N. INDEPENDENCE ENID, OK 73702	President - Eastern Division

Signatures

/s/ Donald P. Fischbach, Attorney

In Fact

03/31/2009

**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).
- (1) Price is the weighted average price per share for shares purchased from \$22.40 to \$22.4625 per share. Transaction specific information is available upon request by SEC staff, issuer, or any security holder of the issuer.
- (2) Includes 15,000 shares of restricted stock which vest 50% on each of October 5, 2009 and October 5, 2010, and 4,000 shares of restricted stock which vest October 5, 2011.
- (3) On December 18, 2008, Mr. Straeter transferred 37,448 shares into a separate account owned by his wife, Rose M. Straeter.
- (4) Price is the weighted average price per share for shares purchased from \$22.40 to \$22.4425 per share. Transaction specific price information is available upon request by SEC staff, issuer, or any security holder of the issuer.

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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