

CROW BARRY L

Form 4

January 18, 2006

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

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
CROW BARRY L

2. Issuer Name **and** Ticker or Trading
Symbol
SIMMONS FIRST NATIONAL
CORP [SFNC]

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

(Last) (First) (Middle)
SIMMONS FIRST NATIONAL
CORPORATION, 501 MAIN
STREET

3. Date of Earliest Transaction
(Month/Day/Year)
01/17/2006

____ Director ____ 10% Owner
____ Officer (give title ____X____ Other (specify
below) below)
Former Chief Operating Officer

(Street)
PINE BLUFF, AR 71611

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

(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 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
SFNC	01/17/2006		M		600	A	\$ 23.78
SFNC	01/17/2006		F		509	D	\$ 28
SFNC	01/17/2006		M		600	A	\$ 23.78
SFNC	01/17/2006		F		510	D	\$ 28
SFNC	01/17/2006		M		600	A	\$ 23.78

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SFNC	01/17/2006	F	509	D	\$ 28	29,660	D	
SFNC	01/17/2006	M	600	A	\$ 23.78	30,260	D	
SFNC	01/17/2006	F	510	D	\$ 28	29,750	D	
SFNC						4,368	I	IRA
SFNC						2,477	I	Joint
SFNC						2,546	I	By Trust (Spouse)
SFNC						600	I	IRA (Spouse)

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

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(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 or Value of Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Incentive Stock Option	\$ 23.78	07/26/2004	01/17/2006	M	0	07/26/2005	07/25/2014	Common	600	\$ 23.78
Incentive Stock Option	\$ 23.78	07/26/2004	01/17/2006	M	0	12/31/2005	07/25/2014	Common	600	\$ 23.78
Incentive Stock Option	\$ 23.78	07/26/2004	01/17/2006	M	0	12/31/2005	07/25/2014	Common	600	\$ 23.78
Incentive Stock Option	\$ 23.78	07/26/2004	01/17/2006	M	0	01/01/2006	07/25/2014	Common	600	\$ 23.78

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CROW BARRY L SIMMONS FIRST NATIONAL CORPORATION 501 MAIN STREET PINE BLUFF, AR 71611				Former Chief Operating Officer

Signatures

/s/ Barry L. Crow by Piper P. Erwin	01/18/2006
__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.

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