Howard Daryll T Form 4 October 01, 2010

FORM 4

OMB APPROVAL

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16. Form 4 or Form 5

obligations

January 31, Expires: 2005

Estimated average burden hours per response... 0.5

on 16. 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

may continue.

See Instruction

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

HOUSTON, TX 77060

1. Name and Address of Reporting Person ** Howard Daryll T			2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer		
			NEWFIELD EXPLORATION CO /DE/ [NFX]	(Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year)	Director 10% Owner Other (specify		
363 N. SAM HOUSTON PKWY E, SUITE 100			09/30/2010	below) below) V.PRocky Mountains		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line) X Form filed by One Reporting Person		

X Form filed by One Reporting Person ____ Form filed by More than One Reporting

Indirect (I)

(Instr. 4)

(Instr. 4)

Person

Following

(City)	(State)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned						
1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securities Acquired (A)	5. Amount of	6.	7. Nature of	
Security	(Month/Day/Year)	Execution Date, if	Transactio	omr Disposed of (D)	Securities	Ownership	Indirect	
(Instr. 3)		any	Code	(Instr. 3, 4 and 5)	Beneficially	Form: Direct	Beneficial	
		(Month/Day/Year)	(Instr. 8)		Owned	(D) or	Ownership	

(A) Reported Transaction(s) or (Instr. 3 and 4)

stock	4,361	I	By 401k
common stock	110	I	By IRA
common stock	100	I	By Roth IRA

common stock 1,000 I By Rollover IRA

09/30/2010 M 10,000 A \$ 0 63,293 D

common stock

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

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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. Transactic Code (Instr. 8)	Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (I	D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
employee stock option - right to	\$ 19.02	09/30/2010		M	10,	,000	02/09/2002	02/09/2011	common stock	10,000

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

Howard Daryll T

buy

363 N. SAM HOUSTON PKWY E, SUITE 100 HOUSTON, TX 77060

V.P.-Rocky Mountains

Date

Signatures

/S/ John D. Marziotti as attorney-in-fact for Daryll T.
Howard

**Signature of Reporting Person

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).

Reporting Owners 2

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- (1) Includes 283 shares of common stock acquired by the reporting person on June 30, 2010 pursuant to the Newfield Exploration Company Employee Stock Purchase Plan.
- Reflects the sale of an aggregate of 10,000 shares of common stock on September 30, 2010 at the weighted average sale price of \$57.3071. The prices for these sales range from \$57.2881 to \$57.4250. The filer undertakes to provide, upon request by the Securities and Exchange Commission, the issuer or a security holder of the issuer, full information regarding the number of shares sold at each separate price.

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.