

SHEPPARD LARRY W
 Form 4
 June 17, 2005

FORM 4

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

OMB APPROVAL

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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

(Print or Type Responses)

1. Name and Address of Reporting Person *
 SHEPPARD LARRY W

2. Issuer Name and Ticker or Trading Symbol
 VINTAGE PETROLEUM INC
 [VPI]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)
 110 WEST SEVENTH STREET, SUITE 2300
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 06/16/2005

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 Sr.VP - New Ventures

TULSA, OK 74119

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 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(A) or Disposed of (D) Code (Instr. 8)				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	06/16/2005		M		60,000	A	\$ 15.5	108,950	D	
Common Stock	06/16/2005		M		55,000	A	\$ 7.25	163,950	D	
Common Stock	06/16/2005		S		75,700	D	\$ 29.5	88,250	D	
Common Stock	06/16/2005		S		700	D	\$ 29.54	87,550	D	
Common Stock	06/16/2005		S		100	D	\$ 29.55	87,450	D	

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Common Stock	06/16/2005	S	8,800	D	\$ 29.53	78,650	D	
Common Stock	06/16/2005	S	2,300	D	\$ 29.58	76,350	D	
Common Stock	06/16/2005	S	1,600	D	\$ 29.62	74,750	D	
Common Stock	06/16/2005	S	200	D	\$ 29.67	74,550	D	
Common Stock	06/16/2005	S	100	D	\$ 29.57	74,450	D	
Common Stock						14,731 ⁽¹⁾	I	401(k) Plan

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. 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 Security (Instr. 3 and 4)	Amount or Number of Shares
Employee Stock Option (right to buy) ⁽²⁾	\$ 15.5	06/16/2005		M	47,100	03/07/2000 03/06/2007	Common Stock	47,100
Employee Stock Option (right to buy) ⁽³⁾	\$ 15.5	06/16/2005		M	12,900	03/07/2000 ⁽⁴⁾ 03/06/2007	Common Stock	12,900
Employee Stock Option (right to buy)	\$ 7.25	06/16/2005		M	55,000	03/16/2002 03/15/2009	Common Stock	55,000

