Thaeler John D Form 4 August 18, 2010

FORM 4

OMB APPROVAL

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

OMB 3235-0287 Number:

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

January 31, Expires: STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

2005 Estimated average burden hours per 0.5

SECURITIES

response...

Form 5 obligations may continue. See Instruction

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(b).

1. Name and Address of Reporting Person * Thaeler John D

2. Issuer Name and Ticker or Trading Symbol

5. Relationship of Reporting Person(s) to

Issuer

SOUTHWESTERN ENERGY CO [SWN]

(Check all applicable)

Sr. Vice Pres. of Subsidiary

(Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 08/17/2010

Director 10% Owner _X__ Officer (give title Other (specify below) below)

SUITE 125, 2350 N. SAM **HOUSTON PARKWAY EAST**

4. If Amendment, Date Original

6. Individual or Joint/Group Filing(Check

(Street) Filed(Month/Day/Year)

Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting

HOUSTON, TX 77032

(City)	(State)	(Zip) Ta	ble I - Non	-Derivative	Secur	rities Acquir	ed, 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. Securitie onDisposed o (Instr. 3, 4	f(D)	uired (A) or	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	08/17/2010		Code V M	Amount 14,200	(D)	Price \$ 6.225	(Instr. 3 and 4) 172,305.0974	D	
Common Stock	08/17/2010		M	8,374	A	\$ 17.745	180,679.0974	D	
Common Stock	08/17/2010		M	6,483	A	\$ 20.335	187,162.0974	D	
Common Stock	08/17/2010		<u>J(1)</u>	130.813	A	\$ 40.5537	28,305.0528	I	By 401(k) Plan

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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 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)			6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to Buy)	\$ 6.225	08/17/2010		M		14,200	12/09/2005	12/09/2011	Common Stock	14,200
Stock Options (Right to Buy)	\$ 17.745	08/17/2010		M		8,374	12/08/2006	12/08/2012	Common Stock	8,374
Stock Options (Right to Buy)	\$ 20.335	08/17/2010		M		6,483	12/11/2007	12/11/2013	Common Stock	6,483

Reporting Owners

Reporting Owner Name / Address	Relationships						
•	Director	10% Owner	Officer	Other			

Sr. Vice Pres. of Subsidiary

Thaeler John D SUITE 125

2350 N. SAM HOUSTON PARKWAY EAST

HOUSTON, TX 77032

Signatures

/s/ Melissa D. McCarty, Attorney-in-Fact for Mr.
Thaeler 08/18/2010

**Signature of Reporting Person Date

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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) Purchased through the Company's 401(k) Plan from December 31, 2009, thru August 17, 2010. The information in this report is based on a plan statement dated as of August 17, 2010.

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.