

CABOT OIL & GAS CORP
 Form 4
 February 22, 2010

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL
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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

(Print or Type Responses)

1. Name and Address of Reporting Person *
 Arnold J Scott

2. Issuer Name and Ticker or Trading Symbol
 CABOT OIL & GAS CORP [COG]

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

(Last) (First) (Middle)
 840 GESSNER ROAD, SUITE 1400
 (Street)

3. Date of Earliest Transaction
 (Month/Day/Year)
 02/19/2010

____ Director
 Officer (give title below)
 ____ 10% Owner
 ____ Other (specify below)
 VP, Land and General Counsel

HOUSTON, TX 77024
 (City) (State) (Zip)

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

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 Ownership (Instr. 4)
			Code	V Amount (A) or (D) Price			
Common Stock	02/19/2010		A ⁽¹⁾	2,587 A \$ 41.15	63,013	D	
Common Stock	02/19/2010		F ⁽²⁾	685 D \$ 41.15	62,328	D	
Common Stock	02/19/2010		A ⁽³⁾	5,640 A \$ 41.15	67,968	D	
Common Stock	02/19/2010		F ⁽²⁾	1,492 D \$ 41.15	66,476	D	
Common Stock					65	I	Held in 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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(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 (Instr. 3 and 4)
				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
Arnold J Scott 840 GESSNER ROAD, SUITE 1400 HOUSTON, TX 77024			VP, Land and General Counsel	

Signatures

Lisa A. Machesney, Attorney-in-Fact for J. Scott Arnold
02/22/2010

__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).
- One-third vesting of a hybrid performance share award made on February 20, 2008. Total award of 7,760 shares vest one-third on each of
- (1) the three one year anniversary dates following February 20, 2008, provided the company has positive operating income in the year prior to vesting.
 - (2) Disposition of shares to cover tax liability on the hybrid performance share vesting.
- One-third vesting of hybrid performance share award made on February 19, 2009. Total award of 16,920 shares vest one-third on each of
- (3) the three one year anniversary dates following February 19, 2009, provided the company has positive operating income in the year prior to vesting.

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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