

CONTINENTAL RESOURCES INC
 Form 4
 September 19, 2007

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 *
 Stark Jack H

2. Issuer Name and Ticker or Trading Symbol
 CONTINENTAL RESOURCES INC
 [CLR]

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

(Last) (First) (Middle)
 P. O. BOX 1032, 302 N.
 INDEPENDENCE
 (Street)

3. Date of Earliest Transaction
 (Month/Day/Year)
 09/18/2007

Director 10% Owner
 Officer (give title below) Other (specify below)
 Sr. V.P. Exploration

ENID, OK 73702
 (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 Indirect Ownership (Instr. 4)
Common Stock	09/18/2007		M	V Amount \$ 132,000 (A) or (D)	161,403 ⁽¹⁾ ₍₂₎	D	
Common Stock	09/18/2007		F	V Amount \$ 48,934 (A) or (D)	112,469 ⁽²⁾ ₍₃₎	D	

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

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SEC 1474
 (9-02)

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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 Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Options (Right to buy)	\$ 1.2727 (2)	10/01/2000		A	220,000 (2)	(4) 10/01/2010	10/01/2010	Common Stock	220,000 (2)
Options (Right to buy)	\$ 0.7064 (2)	04/01/2002		A	88,000 (2)	(5) 03/31/2012	03/31/2012	Common Stock	88,000 (2)
Options (Right to buy)	\$ 0.6364 (2)	09/18/2007		M	132,000 (2)	(6) 10/01/2010	10/01/2010	Common Stock	132,000 (2)

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Stark Jack H P. O. BOX 1032 302 N. INDEPENDENCE ENID, OK 73702		X	Sr. V.P. Exploration	

Signatures

Jack H. Stark 09/19/2007

**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).
- (1) Represents 139,403 shares of common stock and 22,000 shares of restricted common stock which vest 50% on each of October 5, 2007 and October 5, 2008.
- (2) Gives effect to an 11-for-1 stock split that occurred on May 17, 2007.
- (3) Represents 90,469 shares of common stock and 22,000 shares of restricted common stock which vest 50% on each of October 5, 2007 and October 5, 2008.
- (4) 220,000 options granted October 1, 2000, per terms of award all options have vested.
- (5) 88,000 options granted April 1, 2002, per terms of award all options have vested.

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(6) 132,000 options granted October 1, 2000, per terms of award all options have vested.

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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