ALLISON M JAY Form 4 April 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 Expires: January 31, 2005

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average burden hours per response... 0.5

Form 4 or 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

1(b).

Common

Stock

03/31/2010

(Print or Type Responses)

1. Name and Address of Reporting Person * ALLISON M JAY			2. Issuer Name and Ticker or Trading ymbol OMSTOCK RESOURCES INC CRK]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)								
(Last) 5300 TOW BLVD., S	VN AND COUNT	(Me	Date of Earliest Transaction Month/Day/Year) 3/31/2010	X Director 10% Owner Specify Delow)								
FRISCO,	(Street) ΓΧ 75034-		If Amendment, Date Original led(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person								
(City)	(State)	(Zip)	(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 any (Month/Day/Yo	Code (Instr. 3, 4 and 5) Year) (Instr. 8) (A) or	A) or 5. Amount of Securities Ownership Indirect Beneficially Form: Beneficial Owned Direct (D) Ownership Following or Indirect (Instr. 4) Reported (I) Transaction(s) (Instr. 4) (Instr. 3 and 4)								
Stock	03/31/2010	03/31/2010	M 135,000 A \$6	42 1,636,004 D								

135,000 D

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

S

03/31/2010

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474

(9-02)

1,501,004

D

Edgar Filing: ALLISON M JAY - Form 4

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 iorDerivative 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 of Number of Shares
Stock Options - 2001	\$ 6.42	03/31/2010	03/31/2010	M		135,000	07/01/2005	07/01/2010	Common Stock	135,000

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

ALLISON M JAY 5300 TOWN AND COUNTRY BLVD. SUITE 500

X Chairman & CEO

FRISCO, TX 75034-

Signatures

/s/ Roland O. Burns, attorney-in-fact for Mr.
Allison
04/01/2010

**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).

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.

Reporting Owners 2