SIMPLOT J R Form 4 February 13, 2003

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

FORM 4

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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.	Name and Address of Reporting Persons
	J.R. Simplot/J.R. Simplot Self Declaration of Revocable Trust 999 Main Street, Suite 1300
	Boise, ID 83702

Issuer Name and Ticker or Trading Symbol

Remington Oil and Gas Corporation (REM)

 I.R.S. Identification Number of Reporting Person, if an entity (Voluntary)

518-34-0145

4. Statement for Month/Day/Year

February 13, 2003

- 5. If Amendment, Date of Original (Month/Day/Year)
- 6. Relationship of Reporting Person(s) to Issuer (Check All Applicable)

[___] Director [X] 10% Owner

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7.

	Officer (give title below) Other (specify below)
Individ	dual 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)

Common Stock

2. Transaction Date (Month/Day/Year)

2/11/03 2/12/03 2/13/03

- 2A. Deemed Execution Date, if any (Month/Day/Year)
- 3. Transaction Code (Instr. 8)

CODE

S

4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)

AMOUNT	(A) OR (D)	PRICE
10,000	D	\$19.54
10,000	D	\$19.6668
10,000	D	\$19.6212

5. Amount of Securities Beneficially Owned following Reporting Transaction(s) (Instr. 3 and 4)

5,477,928

6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)

D -

I - 5,477,928

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- 7. Nature of Indirect Beneficial Ownership (Instr. 4)
- 2,785,028 shares are owned by JRS Properties III L.P. ("JRS Properties III"). The J.R. Simplot Self Declaration of Revocable Trust (the "Trust"), of which Mr. Simplot is the beneficiary and trustee, controls JRS Properties III. The Trust and a trust for the benefit of Mr. Simplot's spouse ("Mrs. Simplot's Trust"), which exercises no investment control, hold approximately 79.6% of the beneficial interest in the shares owned by JRS Properties III.
- 2,692,900 shares are owned by JRS Properties L.P. ("JRS Properties"). The Trust controls JRS Properties. The Trust and Mrs. Simplot's Trust hold approximately 98.7% of the beneficial interest in the shares owned by JRS Properties.

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 Pric	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)				
	CODE V				
5. (Inst	Number of Derivative Securitr. 3, 4, and 5)	ties Acquired (A) or Disposed of (D)			
	(A) (D)				
6.	Date Exercisable and Expira	tion Date (Month/Day/Year)			
	Date Exercisable	Expiration Date			
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7.	Title and Amount of Underlyi	ng Securities (Instr. 3 and 4)			
	Title	Amount of Number of Shares			
8.	Price of Derivative Securit	Price of Derivative Security (Instr. 5)			
9. Trai	Number of Derivative Securinsaction(s) (Instr. 4)	ties Beneficially Owned following Reported			
	Ownership Form of Derivativ	re Security: Direct (D) or Indirect (I)			
11.	Nature of Indirect Benefici	al Ownership (Instr. 4)			
Expla	anation of Responses:				
		Reporting Persons:			
Date	d: February 13, 2003				
		/s/ J.R. Simplot			
		J.R. Simplot			
		By: /s/ Stephen A. Beebe			
		Stephen A. Beebe, as Attorney-in-Fact			
Date	d: February 13, 2003	J.R. Simplot Self Declaration of Revocable Trust			
		By: /s/ J.R. Simplot			
		J.R. Simplot, as Trustee			
		By: /s/ Stephen A. Beebe			

Stephen A. Beebe, as Attorney-in-Fact

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