Casteel Marty
Form 4
July 28, 2009

FORM 4

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

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

OMB APPROVAL
OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *
Casteel Marty

(Last) (First) (Middle)

SIMMONS FIRST NATIONAL CORP, 501 MAIN STREET

(Street)

PINE BLUFF, AR 71603

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading Symbol
SIMMONS FIRST NATIONAL CORP [SFNC]

3. Date of Earliest Transaction (Month/Day/Year)
07/24/2009

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

_____ Director _____ 10% Owner
__X__ Officer (give title below) _____ Other (specify below)
EVP

6. Individual or Joint/Group Filing(Check Applicable Line)
_X_ 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 Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
SFNC	07/24/2009		M		200	A	$ 10.56	4,754	D	
SFNC								3,414	D	
SFNC								443	D	
SFNC								7,402	D	

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

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number.

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
Incentive Stock Option	$ 10.56	07/28/2000	07/24/2009	M		200		07/28/2004	07/28/2009	Common	200
Incentive Stock Option	$ 12.13	05/07/2001		X		0		05/07/2005	05/07/2011	Common	6,000
Incentive Stock Option	$ 23.78	07/26/2004		X		0		12/31/2005	07/26/2014	Common	2,000
Incentive Stock Option	$ 24.5	05/23/2005		X		0		12/31/2005	05/24/2015	Common	920
Incentive Stock Option	$ 26.19	05/22/2006		X		0		05/22/2007	05/20/2016	Common	200
Incentive Stock Option	$ 26.19	05/22/2006		X		0		05/22/2008	05/20/2016	Common	200
Incentive Stock Option	$ 26.19	05/22/2006		X		0		05/22/2009	05/20/2016	Common	200
Incentive Stock Option	$ 26.19	05/22/2006		X		0		05/22/2010	05/20/2016	Common	200
Incentive Stock Option	$ 26.19	05/22/2006		X		0		05/22/2011	05/20/2016	Common	200
Incentive Stock Option	$ 28.42	05/31/2007		X		0		05/31/2008	05/31/2017	Common	240
Incentive Stock Option	$ 28.42	05/31/2007		X		0		05/31/2009	05/31/2017	Common	240
Incentive Stock Option	$ 28.42	05/31/2007		X		0		05/31/2010	05/31/2017	Common	240
Incentive Stock Option	$ 28.42	05/31/2007		X		0		05/31/2011	05/31/2017	Common	240

Incentive Stock Option	$ 28.42	05/31/2007		X	0	05/31/2012	05/31/2017	Common	240
Non-Qualified Stock Option	$ 30.31	05/29/2008		X	0	05/29/2009	05/28/2018	Common	842
Non-Qualified Stock Option	$ 30.31	05/29/2008		X	0	05/29/2010	05/28/2018	Common	842
Non-Qualified Stock Option	$ 30.31	05/29/2008		X	0	05/29/2011	05/28/2018	Common	842
Non-Qualified Stock Option	$ 30.31	05/29/2008		X	0	05/29/2012	05/28/2018	Common	842
Non-Qualified Stock Option	$ 30.31	05/29/2008		X	0	05/29/2013	05/28/2018	Common	842

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Casteel Marty SIMMONS FIRST NATIONAL CORP 501 MAIN STREET PINE BLUFF, AR 71603			EVP	

Signatures

/s/ Marty Casteel by Piper P. Erwin	07/27/2009
**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.
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