

CROW BARRY L
Form 4
January 18, 2006

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 *
CROW BARRY L

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
01/17/2006

____ Director
____ Officer (give title below) Other (specify below)
Former Chief Operating Officer

SIMMONS FIRST NATIONAL CORPORATION, 501 MAIN STREET

(Street)

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

PINE BLUFF, AR 71611

(City) (State) (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, 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)
				(A) or (D)	Price		
				Code	V	Amount	
SFNC	01/17/2006		M	A	\$ 23.78	29,988	D
SFNC	01/17/2006		F	D	\$ 28	29,479	D
SFNC	01/17/2006		M	A	\$ 23.78	30,079	D
SFNC	01/17/2006		F	D	\$ 28	29,569	D
SFNC	01/17/2006		M	A	\$ 23.78	30,169	D

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SFNC	01/17/2006	F	509	D	\$ 28	29,660	D	
SFNC	01/17/2006	M	600	A	\$ 23.78	30,260	D	
SFNC	01/17/2006	F	510	D	\$ 28	29,750	D	
SFNC						4,368	I	IRA
SFNC						2,477	I	Joint
SFNC						2,546	I	By Trust (Spouse)
SFNC						600	I	IRA (Spouse)

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

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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)	8. Price of Underlying Security (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Incentive Stock Option	\$ 23.78	07/26/2004	01/17/2006	M	0	07/26/2005	07/25/2014	Common	600
Incentive Stock Option	\$ 23.78	07/26/2004	01/17/2006	M	0	12/31/2005	07/25/2014	Common	600
Incentive Stock Option	\$ 23.78	07/26/2004	01/17/2006	M	0	12/31/2005	07/25/2014	Common	600
Incentive Stock Option	\$ 23.78	07/26/2004	01/17/2006	M	0	01/01/2006	07/25/2014	Common	600

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CROW BARRY L SIMMONS FIRST NATIONAL CORPORATION 501 MAIN STREET PINE BLUFF, AR 71611				Former Chief Operating Officer

Signatures

/s/ Barry L. Crow by Piper P.
Erwin

01/18/2006

**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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