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Harris Alan I Form 4	N										
March 03, 20	010										
FORM	4									PPROVAL	
Washington, D.C. 20549							OMB Number:				
Subject to Section 16. Form 4 or				GES IN BENEFICIAL OWNERSHIP OF SECURITIES 6(a) of the Securities Exchange Act of 1934,					Expires: January 31 200 Estimated average burden hours per response 0.		
obligation may cont <i>See</i> Instru 1(b).	ns Section 1'	7(a) of the	Public Ut		ing Com	ipany	Act of	f 1935 or Sectio	n		
(Print or Type I	Responses)										
Harris Alan N Syn			Symbol	2. Issuer Name and Ticker or Trading Symbol Spectra Energy Corp. [SE]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	(Middle)	•	Earliest Tra	• - ·	J	(Check all applicable)				
5400 WEST	THEIMER COU	JRT	(Month/D 03/02/20	ay/Year)				Director X Officer (give below) Chief D		6 Owner er (specify cer	
	(Street)			ndment, Dat th/Day/Year)	-			6. Individual or Jo Applicable Line) _X_ Form filed by 0	-	-	
HOUSTON	, TX 77056-53	10						Form filed by M Person			
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	Securi	ities Acq	uired, Disposed of	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution D any (Month/Day/Year)		on Date, if	n Date, if Transaction(A) or Disposed of Code (D)			d of	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
9				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock	03/02/2010			М	520	А	\$ 21.8	50,958	D		
Common Stock	03/02/2010			F	138	D	\$ 21.8	50,820	D		

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. Transactio Code (Instr. 8)	5. Number or 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 Derivativ Security (Instr. 5)
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Ltip Phantom Stock Grant Feb 2005 (3)	(1)	03/02/2010		М	520	<u>(4)</u>	(2)	Common Stock	520	\$ 0

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Harris Alan N			Chief Dev				
5400 WESTHEIMER COURT			& Ops				
HOUSTON, TX 77056-5310			Officer				
Signatures							
/s/Beverly J. Fite, attorney-in-fact f Harris	or Mr.	03/03/201	0				

Explanation of Responses:

**Signature of Reporting Person

- * 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).

Date

- (1) Converts to Common Stock on a 1-for-1 basis.
- (2) Expiration date not applicable.

On January 2, 2007, Duke Energy Corporation distributed all of the shares of common stock of Spectra Energy Corp to Duke Energy's(3) shareholders. In connection with the distribution, the reporting person was granted long-term incentive awards in partial substitution of long-term incentive awards previously issued by Duke Energy.

(4) The phantom shares vest in 4 annual installments beginning February 2007.

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.