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CONTINEN Form 4 February 25,	TAL RESOURCI 2014	ES, INC										
FORM	1 4										PPROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								OMB Number:	3235-0287			
Check this box							Expires:	January 31,				
subject to	if no longer subject to STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP O						NERSHIP OF	Estimated a	2005 average			
Section 1 Form 4 o	Section 16. SECURITIES							burden hou				
Form 5		suant to S	Section 10	5(a) of	the	Securitie	es Ex	chang	e Act of 1934,	response	0.5	
obligation	ns Section 17(s			. ,				U U	f 1935 or Section	n		
may cont <i>See</i> Instru 1(b).	inue.		of the Inv	•		· ·						
(Print or Type I	Responses)											
			2. Issuer Name and Ticker or Trading Symbol CONTINENTAL RESOURCES,					-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
	INC [CI	INC [CLR]										
(Last)	(First) (M	e of Earliest Transaction h/Day/Year)					Director X Officer (give below)		o Owner er (specify			
BROADWA	68836, 20 N. AY		02/22/20)14					Sr	. VP & CFO		
(Street) 4. If An				Amendment, Date Original					6. Individual or Joint/Group Filing(Check			
X Form file							One Reporting Person More than One Reporting					
UKLAHUW	IA CITT, OK 75	120							Person			
(City)	(State)	(Zip)	Table	e I - Non	1-De	erivative S	ecurit	ies Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deem Execution any (Month/Day/Year)		1		Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect						
				Code	v	Amount	or (D)	Price	Transaction(s) (Instr. 3 and 4)			
Common Stock	02/22/2014			A		19,000	A	\$ 0	110,868 <u>(1)</u>	D		

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

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.

 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)	4. Transactio Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Titl Amou Under Secur (Instr.	ınt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
Hart John D P.O. BOX 268836 20 N. BROADWAY OKLAHOMA CITY, OK 73126			Sr. VP & CFO					
Signatures								
/s/ Eric S. Eissenstat, Attorney-In-Fact		02/25/2014						
**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).
- (1) Includes 16,670 shares of restricted common stock which vest on November 15, 2014; 31,638 shares of restricted common stock which vest on February 15, 2016; and 19,000 shares of restricted common stock which vest on February 15, 2017.

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.