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CABOT OIL Form 4 January 06, 20	& GAS CORP										
								OMB AF	PROVAL		
	FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549						OMMISSION	OMB Number:	3235-0287		
Check this if no longe subject to Section 16 Form 4 or Form 5 obligations may contir <i>See</i> Instruct 1(b).	Filed purs Section 17(a	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								January 31, 2005 verage 's per 0.5	
(Print or Type Re	esponses)										
1. Name and Address of Reporting Person <u>*</u> DINGES DAN O			2. Issuer Name and Ticker or Trading Symbol CABOT OIL & GAS CORP [COG]					5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (N		3. Date of Earliest Transaction (Chec					(Check	k all applicable)		
840 GESSNE	(Month/Day/Year) 01/05/2017					_X_ Director 10% Owner _X_ Officer (give title Other (specify below) below) Chairman, President & CEO					
			4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
								Person			
(City)	(State) ((Zip)	Tabl	e I - Non-D	erivative S	Securi	ties Acq	uired, Disposed of	, or Beneficial	ly Owned	
	2. Transaction Date (Month/Day/Year)	Execution any	Date, if Transaction(A) or Disposed of (I Code (Instr. 3, 4 and 5) ay/Year) (Instr. 8) (A) or		of (D) 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)				
Common				Code V	Amount	(D)	Price				
Stock	01/05/2017			М	77,605	А	<u>(1)</u>	2,689,593	D		
Common Stock	01/05/2017			F	32,819	D	\$ 23.11	2,656,774	D		
Common Stock								896,389	Ι	Held by trust.	

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. Transactio Code (Instr. 8)	5. Number of orDerivative 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 o Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amoun or Numbe of Shar
Performance Shares	<u>(1)</u>	01/05/2017		М	91,301	(1)	01/05/2017	Common	91,30

Reporting Owners

Reporting Owner Name / Address							
	Director	Director 10% Owner Officer		Other			
DINGES DAN O 840 GESSNER ROAD, SUITE 1400 HOUSTON, TX 77024	Х		Chairman, President & CEO				
Signatures							
Deidre L. Shearer, Attorney-in Fact fo Dinges	r Dan O.		01/06/2017				
**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).

Each performance share represented the right to receive up to one share of common stock, based on certain performance criteria in a three
(1) year performance period which ended 12/31/2016. The Compensation Committee of the Board of Directors certified the results on 01/05/2017, which resulted in 85% of the stock being paid out.

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.