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Spectra Energ Form 4											
February 28, FORM	1									PPROVAL	
	UNITE	D STATES		ITIES AI hington, 1			NGE	COMMISSION	OMB Number:	3235-0287	
Check this if no long subject to Section 10 Form 4 or Form 5	F CHAN	SECURI	burden hou	Expires:January 31 2005Estimated average burden hours per response0.5							
obligation may conti <i>See</i> Instru 1(b).	nue. Section 1	7(a) of the		ility Hold	ing Com	pany	Act o	f 1935 or Sectio	on		
(Print or Type R	esponses)										
1. Name and Address of Reporting Person <u>*</u> EBEL GREGORY L			2. Issuer Name and Ticker or Trading Symbol Spectra Energy Corp. [SE]				g	5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	(Middle)	3. Date of	Earliest Tra	insaction			(Check all applicable)			
5400 WESTHEIMER COURT			(Month/Day/Year) 02/26/2008					Director 10% Owner X Officer (give title Other (specify below) below) Group VP & CFO			
	Fil			ndment, Dat th/Day/Year)	e Original			 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
HOUSTON,	TX 77056-53	10						Person	whole than one it	epotting	
(City)	(State)	(Zip)	Table	e I - Non-De	erivative S	Securi	ties Ac	quired, Disposed o	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)		2. Transaction Date 2A. De (Month/Day/Year) Executi any (Month		3. Transactio Code (Instr. 8)	4. Securities onAcquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A)		Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common Stock	02/26/2008			Code V M	Amount 1,168	or (D) A	Price \$ 0	(Instr. 3 and 4) 7,201	D		
Common Stock	02/28/2008			М	320	A	\$ 0	7,521 <u>(1)</u>	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 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 A Underlying S (Instr. 3 and
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title
LTIP Phantom Stock Grant Feb 2008	(2)	02/26/2008		А	15,600		02/26/2011	02/26/2011	Common Stock
Performance Shares Feb 2008	<u>(3)</u>	02/26/2008		А	16,700		02/26/2011(4)	(5)	Common Stock
Performance Shares Feb 2005	(2)	02/26/2008		М		1,168	02/26/2008	(5)	Common Stock
LTIP Phantom Stock Grant Feb 2005	(2)	02/28/2008		М		320	<u>(6)</u>	(5)	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
EBEL GREGORY L			Group				
5400 WESTHEIMER COURT			VP &				
HOUSTON, TX 77056-5310			CFO				
Cignotures							

Signatures

 By Beverly J. Fite as Attorney-in-Fact for Gregory L.
 02/28/2008

 Ebel.
 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 2395 shares held by Trustee, Retirement Savings Plan.
- (2) Converts to Common Stock on a 1-for-1 basis.
- (3)

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Converts to Common Stock on a 1-for-1 basis. The number of performance shares that vest is based on the achievement of a specified total shareholder return for Spectra Energy Corp Common Stock.

- (4) May vest earlier upon achievement of specified total shareholder return.
- (5) Expiration date not applicable.
- (6) 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.

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