

PLAINS RESOURCES INC  
Form 8-K  
July 20, 2004

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**UNITED STATES**  
**SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

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**FORM 8-K**

**CURRENT REPORT**

**PURSUANT TO SECTION 13 OR 15(d) OF THE**  
**SECURITIES EXCHANGE ACT OF 1934**

**Date of report : July 20, 2004**

**Date of earliest event reported : July 19, 2004**

**Plains Resources Inc.**

(Exact Name of Registrant as Specified in Charter)

**Delaware**  
(State or Other Jurisdiction  
of Incorporation)

**13-2898764**  
(IRS Employer  
Identification No.)

**0-9808**  
(Commission  
File Number)

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**700 Milam Street, Suite 3100**

**Houston, Texas 77002**

(Address of Principal Executive Offices) (Zip Code)

**Registrant's telephone number, including area code: (832) 239-6000**

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**Item 5. Other Events**

The information in the Press Release dated July 19, 2002 and attached as Exhibit 99.1 is incorporated herein by reference.

**Item 7. Financial Statements and Exhibits**

(a) Not applicable.

(b) Not applicable.

(c) Exhibits.

99.1 Press Release dated July 19, 2004.

**SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the Company has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Date: July 20, 2004

PLAINS RESOURCES INC.

/s/ E. Lynn Hill

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E. Lynn Hill

Chief Accounting Officer

**EXHIBIT INDEX**

Each exhibit identified below is filed as part of this report.

<b>Exhibit No.</b>	<b>Description</b>
99.1	Press Release dated July 19, 2004.