WILLIAMS COMPANIES INC

Form 4 March 07, 2006

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL OMB

Check this box if no longer subject to

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

3235-0287 Number: January 31, Expires:

2005

Section 16. Form 4 or Form 5 obligations may continue.

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

SECURITIES

burden hours per response... 0.5

Estimated average

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * ARMSTRONG ALAN S			2. Issuer Name and Ticker or Trading Symbol WILLIAMS COMPANIES INC [WMB]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last) ONE WILLI	(Last) (First) (Middle) E WILLIAMS CENTER		3. Date of Earliest Transaction (Month/Day/Year) 03/03/2006	Director 10% Owner _X_ Officer (give title Other (specify below) Sr. Vice President - Midstream		
TULSA, OK	(Street) 74172		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)	Tabla I Nan Darivativa Sagurities Ac	quired Disposed of ar Rapaficially Owner		

(City)	(State)	Table Table	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed o	f, or Beneficial	ly Owned
1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securi	ties A	cquired	5. Amount of	6. Ownership	7. Nature of
Security	(Month/Day/Year)	Execution Date, if	Transactio	on(A) or D	ispose	d of (D)	Securities	Form: Direct	Indirect
(Instr. 3)	any		Code (Instr. 3, 4 and 5)		Beneficially	(D) or	Beneficial		
		(Month/Day/Year)	(Instr. 8)				Owned	Indirect (I)	Ownership
							Following	(Instr. 4)	(Instr. 4)
					(4)		Reported		
					(A)		Transaction(s)		
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common Stock	03/06/2006		M	3,810	A	\$ 15.32	24,111	D	

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)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)

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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. 5. Number of TransactionDerivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amour Underlying Securit (Instr. 3 and 4)		
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sh
Deferred Stock	\$ 21.67	03/03/2006		A	10,458		03/03/2009	03/03/2009	Common Stock	10,4
Deferred Stock (1)	\$ 21.67	03/03/2006		A	20,916		03/03/2009	03/03/2009	Common Stock	20,9
Employee Options (Right to Buy)	\$ 21.67	03/03/2006		A	8,045		03/03/2007	03/03/2016	Common Stock	8,0
Employee Options (Right to Buy)	\$ 21.67	03/03/2006		A	8,045		03/03/2008	03/03/2016	Common Stock	8,0
Employee Options (Right to Buy)	\$ 21.67	03/03/2006		A	8,046		03/03/2009	03/03/2016	Common Stock	8,0
Employee Options (Right to Buy)	\$ 15.32	03/06/2006		M		3,810	09/19/1997	03/21/2006	Common Stock	3,8

Reporting Owners

Reporting Owner Name / Address	Relationships s					
• 0	Director	10% Owner	Officer	Other		

ARMSTRONG ALAN S ONE WILLIAMS CENTER TULSA, OK 74172

Sr. Vice President - Midstream

Signatures

Cher S. Lawrence, Attorney-in-Fact for Alan S.
Armstrong.
03/07/2006

**Signature of Reporting Person Date

Reporting Owners 2

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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).
 - Vesting subject to applicable grant agreement and compensation committee certification that the Company has met the three year
- (1) performance measure. The committee has established the specific performance measure as an improvement in the Company's Economic Value Added over the three year period.

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.