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PLAINS ALL AMERICAN PIPELINE LP

Form 4

August 14, 2006

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL

Number: 3235-0287

January 31,

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if no longer subject to Section 16. Form 4 or Form 5

Check this box

Form 5 obligations may continue. See Instruction

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

(Print or Type Responses)

1(b).

(Last)

1. Name and Address of Reporting Person **
FRYFOGLE JAMES B

2. Issuer Name **and** Ticker or Trading

Symbol

PLAINS ALL AMERICAN PIPELINE LP [PAA] 5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

....

(First)

(Street)

(Middle)

3. Date of Earliest Transaction

(Month/Day/Year) 08/14/2006

Filed(Month/Day/Year)

____ Director ____ 10% Owner __X_ Officer (give title ____ Other (specify

below) below)

Vice President-Refinery Supply

333 CLAY STREET, # 1600

4. If Amendment, Date Original

6. Individual or Joint/Group Filing(Check Applicable Line)

X Form filed by One Reporting Person
___ Form filed by More than One Reporting

Person

HOUSTON 77002

(City)	(State) (2	Zip) Table	I - Non-De	erivative S	Securi	ties Ac	quired, Disposed	of, or Beneficial	lly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities onAcquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership	
			Code V	Amount	(A) or (D)	Price	Following Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)	(Instr. 4)
Common Units	08/14/2006		M	2,000	A	\$0	6,213	D	
Common Units	08/14/2006		F	729	D	\$0	5,484	D	
Common Units							800	I	By wife

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	2.	3. Transaction Date	3A. Deemed	4. 5. Number		6. Date Exercisable and		7. Title and Amount of		
Derivative	Conversion	(Month/Day/Year)	Execution Date, if		onof Derivativ		Expiration Date		Underlying Securities	
Security	or Exercise		any	Code	Securities	(Month/Day/Y	(Month/Day/Year)		(Instr. 3 and 4)	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired					
	Derivative				(A) or					
	Security				Disposed of					
					(D)					
					(Instr. 3, 4,					
					and 5)					
									Amount	
						Date	Evaluation		or	
						Exercisable	Expiration Date	Title	Number	
						Exercisable	Date		of	
				Code V	(A) (D)				Shares	
Phantom										
Units-1998	(1)	08/14/2006		M	2,000	08/14/2006	(2)	Common	2,000	
	(1)	00/14/2000		171	2,000	00/14/2000	<u> </u>	Units	2,000	
LTIP										

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

FRYFOGLE JAMES B 333 CLAY STREET, # 1600 HOUSTON 77002

Vice President-Refinery Supply

Signatures

James B. Fryfogle 08/11/2006

**Signature of Date
Reporting Person

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) 1-for-1 Common Units for Phantom Units granted under long-term incentive plan.
- (2) N/A

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.

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