FORM 4

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

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

OMB APPR	OMB APPROVAL										
OMB Number:	OMB Number: 3235-0287										
Expires:	December 31, 2014										
Estimated ave	Estimated average burden										
hours per response	0.5										

1. Name and Address of Reporting Person* LAROSE ROBERT C	Issuer Name and Ticker or Trading Symbol LANDSTAR SYSTEM INC [LSTR]	5. Relationship of Reporting Person(s) to Issuer				
(Last) (First) (Middle) 13410 SUTTON PARK DRIVE SOUTH	3. Date of Earliest Transaction (Month/Day/Year) 03/15/2004	(Check all applicable) Director 10% Owner X Officer (give Other (specify title below) below) Vice President & CFO				
(Street) JACKSONVILLE FL 32224 (City) (State) (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person				

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned												
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Transaction (A) or Disposed of (D) Code (Instr. 3, 4 and 5)					5. Amount of Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
			Code	V	Amount	(A) or (D)	Price	Following Reported Transaction(s) (Instr. 3 and 4)	(I) (Instr. 4)	(mear 1)		
Common Stock	03/15/2004		М		18,136	Α	\$ 11.7188	84,680	D			
Common Stock	03/15/2004		M		15,600	Α	\$ 16.2345	100,280	D			
Common Stock	03/15/2004		S		484	D	\$ 39.92	99,796	D			
Common Stock	03/15/2004		S		927	D	\$ 39.95	98,869	D			
Common Stock	03/15/2004		S		300	D	\$ 40.02	98,569	D			
Common Stock	03/15/2004		S		400	D	\$ 40.03	98,169	D			
Common Stock	03/15/2004		S		1,000	D	\$ 40.04	97,169	D			
Common Stock	03/15/2004		S		200	D	\$ 40.05	96,969	D			
Common Stock	03/15/2004		S		200	D	\$ 40.07	96,769	D			
Common Stock	03/15/2004		S		1,100	D	\$ 40.08	95,669	D			
Common Stock	03/15/2004		S		1,100	D	\$ 40.09	94,569	D			
Common Stock	03/15/2004		S		700	D	\$ 40.1	93,869	D			
Common Stock	03/15/2004		S		200	D	\$ 40.11	93,669	D			
Common Stock	03/15/2004		S		100	D	\$ 40.14	93,569	D			

Common Stock	03/15/2004	S	1,989	D	\$ 40.3	91,580	D	
Common Stock	03/15/2004	S	100	D	\$ 40.51	91,480	D	
Common Stock	03/15/2004	S	2,692	D	\$ 40.59	88,788	D	
Common Stock	03/15/2004	S	3,637	D	\$ 40.6	85,151	D	
Common Stock	03/15/2004	S	101	D	\$ 40.62	85,050	D	
Common Stock	03/15/2004	S	900	D	\$ 40.65	84,150	D	
Common Stock	03/15/2004	S	100	D	\$ 40.66	84,050	D	
Common Stock	03/15/2004	S	100	D	\$ 40.69	83,950	D	
Common Stock	03/15/2004	S	4,200	D	\$ 40.7	79,750	D	
Common Stock	03/15/2004	S	600	D	\$ 40.72	79,150	D	
Common Stock	03/15/2004	S	1,270	D	\$ 40.74	77,880	D	
Common Stock	03/15/2004	S	1,200	D	\$ 40.75	76,680	D	
Common Stock	03/15/2004	S	900	D	\$ 40.76	75,780	D	
Common Stock	03/15/2004	S	400	D	\$ 40.77	75,380	D	
Common Stock	03/15/2004	S	1,000	D	\$ 40.78	74,380	D	
Common Stock	03/15/2004	S	200	D	\$ 40.8	74,180	D	

	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. Transac Code (Instr. 8		Sec Acq (A) Disp of (I	ivative urities uired or posed	6. Date Exercisable and Expiration Date (Month/Day/Year)		ate Amount of		8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Options (Right to buy)	\$ 11.7188	03/15/2004		М			18,136	02/02/2001 ⁽¹⁾	02/02/2010	Common Stock	18,136	\$ 0	5,920	D	
Stock Options (Right to buy)	\$ 16.2345	03/15/2004		М			15,600	02/07/2002 ⁽²⁾	02/07/2011	Common Stock	15,600	\$ 0	10,400	D	

Explanation of Responses:

- 1. Options became exercisable in the amounts of 5,920 on each of 2/2/2001, 2/2/2002 and 2/2/2003 and 376 on 2/2/2004
- 2. Options became exercisable in the amount of 5,200 on each of 2/7/2002, 2/7/2003 and 2/7/2004.

03/16/2004 Robert C LaRose

** Signature of Reporting

Date

Person

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

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

^{*} 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).