

SWIFT TERRY E
Form 4
November 17, 2005

FORM 4

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

OMB APPROVAL

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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 OF SECURITIES

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. Name and Address of Reporting Person *
SWIFT TERRY E

2. Issuer Name and Ticker or Trading Symbol
SWIFT ENERGY CO [SFY]

5. Relationship of Reporting Person(s) to Issuer

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)

(Check all applicable)

16825 NORTHCHASE DR. #400

11/15/2005

Director 10% Owner
 Officer (give title below) Other (specify below)

CEO

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

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

HOUSTON, TX 77060

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

(City) (State) (Zip)

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)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	11/15/2005	11/15/2005	M		1,425 A \$ 28.5	96,988	D
Common Stock	11/15/2005	11/15/2005	M		10,337 A \$ 35.04	107,325	D
Common Stock	11/15/2005	11/15/2005	M		8,000 A \$ 13.84	115,325	D
Common Stock	11/15/2005	11/15/2005	M		9,528 A \$ 19.3	124,853	D
Common Stock	11/15/2005	11/15/2005	M		5,200 A \$ 25.18	130,053	D

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Common Stock 11/15/2005 11/15/2005 F(1) 19,050 D \$ 43.48 111,003 D

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

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 control number.

SEC 1474
(9-02)

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares
					Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Date Exercisable	Expiration Date		
Stock Option (Right to Buy)	\$ 35.04	11/15/2005	11/15/2005	M		10,337	02/20/2002	02/20/2011	Common Stock	10,337
Stock Option (Right to Buy)	\$ 13.84	11/15/2005	11/15/2005	M		8,000	11/04/2004	11/04/2013	Common Stock	8,000
Stock Option (Right to Buy)	\$ 25.18	11/15/2005	11/15/2005	M		5,200	11/08/2005	11/08/2014	Common Stock	5,200
Stock Option (Right to Buy)	\$ 28.5	11/15/2005	11/15/2005	M		1,425	06/19/2001	12/07/2008	Common Stock	1,425
Stock Option (Right to Buy)	\$ 19.3	11/15/2005	11/15/2005	M		9,528	04/13/2005	04/13/2006	Common Stock	9,528
Stock Option (Right to Buy)	\$ 43.48	11/15/2005	11/15/2005	<u>A(2)</u>		8,330	11/15/2006	02/20/2011	Common Stock	8,330
Stock Option	\$ 43.48	11/15/2005	11/15/2005	<u>A(2)</u>		2,546	11/15/2006	11/04/2013	Common Stock	2,546

(Right to Buy)

Stock Option (Right to Buy)	\$ 43.48	11/15/2005	11/15/2005	A ⁽²⁾	3,011	11/15/2006	11/08/2014	Common Stock	3,011
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Stock Option (Right to Buy)	\$ 43.48	11/15/2005	11/15/2005	A ⁽²⁾	934	11/15/2006	12/07/2008	Common Stock	934
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Stock Option (Right to Buy)	\$ 43.48	11/15/2005	11/15/2005	A ⁽²⁾	4,229	11/15/2006	11/15/2007	Common Stock	4,229
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SWIFT TERRY E 16825 NORTHCHASE DR. #400 HOUSTON, TX 77060	X		CEO	

Signatures

Terry E. Swift 11/17/2005

__Signature of
Reporting Person

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) Payment of exercise price by delivering or withholding 19,050 shares of common stock at \$43.48 per share, the closing price of issuer's common stock on 11-15-05.

(2) Grant of reload option pursuant to plan.

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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