

SWIFT ENERGY CO
Form 4
November 13, 2006

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 *
VINCENT BRUCE H

(Last) (First) (Middle)

16825 NORTHCHASE DRIVE,
SUITE 400

(Street)

HOUSTON, TX 77060

(City) (State) (Zip)

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

3. Date of Earliest Transaction
(Month/Day/Year)
11/08/2006

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

6. Individual or Joint/Group Filing(Check Applicable Line)
 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)	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 Indirect Ownership (Instr. 4)
			Code	V	Amount	(D)	Price
Swift Energy Common Stock					66,232	D	
SFY Common Stock-401(k)					9,592	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding					900	I	ESOP Plan
Swift Energy Common	11/08/2006	11/08/2006	M	6,000	A	\$	71,885 21.9375

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Stock

Swift Energy
Common
Stock

11/08/2006 11/08/2006 M 600 A \$ 28.46 72,485 D

Swift Energy
Common
Stock

11/08/2006 11/08/2006 M 1,014 A \$ 31.4 73,499 D

Swift Energy
Common
Stock

11/08/2006 11/08/2006 M 3,969 A \$ 33.01 77,468 D

Swift Energy
Common
Stock

11/08/2006 11/08/2006 M 6,000 A \$ 13.84 83,468 D

Swift Energy
Common
Stock

11/08/2006 11/08/2006 F(6) 7,951 D \$ 49.61 75,517 D

Swift Energy
Common
Stock

11/08/2006 11/08/2006 S 100 D \$ 49.55 75,417 D

Swift Energy
Common
Stock

11/08/2006 11/08/2006 S 2,900 D \$ 49.5 72,517 D

Swift Energy
Common
Stock

11/09/2006 11/09/2006 S 5,200 D \$ 49.51 67,317 D

Swift Energy
Common
Stock

11/09/2006 11/09/2006 S 1,085 D \$ 49.55 66,232 D

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

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(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 Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or

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										Num of S
SQ05 Pln Grt 11-08-2006 exp 8/1/2010	\$ 49.61	11/08/2006	11/08/2006	A ⁽¹⁾	2,653	11/08/2007	08/01/2010	Swift Energy Common Stock	2,6	
SQ05 Grt 11/08/2006 exp 11/8/2008	\$ 49.61	11/08/2006	11/08/2006	A ⁽²⁾	344	11/08/2007	11/08/2008	Swift Energy Common Stock	34	
SQ05 Grt 11/08/2006 exp 11/8/2008	\$ 49.61	11/08/2006	11/08/2006	A ⁽³⁾	641	11/08/2007	11/08/2008	Swift Energy Common Stock	64	
SQ05 Grt 11/08/2006 exp 11/8/2008	\$ 49.61	11/08/2006	11/08/2006	A ⁽⁴⁾	2,640	11/08/2007	11/08/2008	Swift Energy Common Stock	2,6	
SQ05 grt 11/08/2006 exp 11/4/2013	\$ 49.61	11/08/2006	11/08/2006	A ⁽⁵⁾	1,673	11/08/2007	11/04/2013	Swift Energy Common Stock	1,6	
SQ90 Plan grt 8/1/2000 ISO	\$ 21.9375	11/08/2006	11/08/2006	M	6,000	08/01/2005	08/01/2010	Swift Energy Common Stock	6,0	
SQ90 plan grt 12/29/2004 NQ exp 11/3/07	\$ 28.46	11/08/2006	11/08/2006	M	600	12/29/2005	11/03/2007	Swift Energy Common Stock	60	
SQ90 plan grt 5/17/2005 NQ exp 11/3/07	\$ 31.4	11/08/2006	11/08/2006	M	1,014	05/17/2006	11/03/2007	Swift Energy Common Stock	1,0	
SQ90 plan grt 5/24/2005 NQ exp 11/3/07	\$ 33.01	11/08/2006	11/08/2006	M	3,969	05/24/2006	11/03/2007	Swift Energy Common Stock	3,9	
SQ01 Plan grt 11/4/2003 ISO	\$ 13.84	11/08/2006	11/08/2006	M	6,000	11/04/2004	11/04/2013	Swift Energy Common Stock	18,	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
VINCENT BRUCE H 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060			President	

Signatures

Bruce H. Vincent 11/13/2006

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) Grant of reload pursuant to Plan.
- (2) Grant of Reload Options pursuant to Plan.
- (3) Grant of Reload Options pursuant to Plan.
- (4) Grant of Reload Options pursuant to Plan.
- (5) Grant of Reload Options pursuant to Plan.
- (6) Payment of exercise price by delivery of 7951 shares of issuer's common stock at \$49.61 per share, the closing price of issuer stock on 11/08/2006.

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.