

SWIFT ENERGY CO
Form 4
November 15, 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 *
HECKAMAN ALTON D JR

(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)
07/24/2006

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)
EVP & CFO

6. 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)	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 Beneficial Ownership (Instr. 4)
SFY Common Stock-401(k)				(A) or (D)	Price		
SFY Cmmn Stock-ESOP Holding							
Swift Energy Common Stock	07/24/2006	07/24/2006	G	V 250	D \$ 0 27,135	D	
Swift Energy Common Stock	11/13/2006	11/13/2006	M	406	A \$ 27,541 30.47	D	401(k) Plan ESOP Plan

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Stock

Swift Energy Common Stock	11/13/2006	11/13/2006	M	2,500	A	\$ 35.04	30,041	D
Swift Energy Common Stock	11/13/2006	11/13/2006	F ⁽³⁾	2,022	D	\$ 49.41	28,019	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
SQ05 Grt 11/13/2006 exp 05/8/2011	\$ 49.41	11/13/2006	11/13/2006	A ⁽¹⁾	250	11/13/2007 05/08/2011	Swift Energy Common Stock 25
SQ05 Grt 11/13/2006 exp 02/20/2011	\$ 49.41	11/13/2006	11/13/2006	A ⁽²⁾	1,772	11/13/2007 02/20/2011	Swift Energy Common Stock 1,7
SQ01 Plan grt 5/8/2001 NQ	\$ 30.47	11/13/2006	11/13/2006	M	406	05/08/2002 05/08/2011	Swift Energy Common Stock 40
SQ01 Plan grt 2/20/2001 ISO	\$ 35.04	11/13/2006	11/13/2006	M	2,500	02/20/2002 02/20/2011	Swift Energy Common Stock 2,5

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HECKAMAN ALTON D JR 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060			EVP & CFO	

Signatures

Karen Bryant POA for Alton D.
Heckaman Jr 11/15/2006

__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 Option pursuant to Plan.
- (2) Grant of Reload Option pursuant to Plan.
- (3) Payment of exercise price by delivery of 2,022 shares of issuer's common stock at \$49.41 per share, the closing price of issuer stock on 11/13/06.

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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