

SWIFT ENERGY CO  
Form 4  
May 14, 2008

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
Expires: January 31, 2005  
Estimated average burden hours per response... 0.5

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**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)  
05/14/2008

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 and Sec'y

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 Beneficial Ownership (Instr. 4)	
SFY Common Stock-401(k)				(A) or (D)	Price			
SFY Common Stock-401(k)					10,095	I	401(k) Plan	
SFY Common Stock-ESOP Holding					739	I	ESOP Plan	
Swift Energy Common Stock	05/14/2008		M	7,709	A	\$ 35.04	94,872	D
Swift Energy Common Stock	05/14/2008		M	7,593	A	\$ 30.47	102,465	D

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Swift Energy Common Stock	05/14/2008	S	6,627	D	\$ 57.5	95,838	D
Swift Energy Common Stock	05/14/2008	F <sup>(3)</sup>	4,673	D	\$ 57.8	91,165	D
Swift Energy Common Stock	05/14/2008	F <sup>(4)</sup>	4,002	D	\$ 57.8	87,163	D

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

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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 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 Securities (Instr. 3 and 4)	
				Code	V (A) (D)	Date Exercisable Expiration Date	Title	Amount or Number of Shares
Stock Option 5/14/2008 - 2/20/2011	\$ 57.8	05/14/2008		A <sup>(1)</sup>	4,673	05/14/2009 02/20/2011	Swift Energy Common Stock	4,673
Stock Option 5/14/08 - 5/8/2011	\$ 57.8	05/14/2008		A <sup>(2)</sup>	4,002	05/14/2009 05/08/2011	Swift Energy Common Stock	4,002
SQ01 Plan grt 2/20/2001 ISO	\$ 35.04	05/14/2008		M	7,709	02/20/2002 02/20/2011	Swift Energy Common Stock	12,500
SQ01 Plan grt 5/8/2001 NQ	\$ 30.47	05/14/2008		M	7,593	05/08/2002 05/08/2011	Swift Energy Common Stock	18,000

