

SWIFT ENERGY CO
Form 4
May 14, 2008

FORM 4

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

OMB APPROVAL

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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 *
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)
05/13/2008

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)
EVP & CFO

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)	6,959	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding				(A)	1,276	I	ESOP Plan
Swift Energy Common Stock	05/13/2008		S	2,500 D	\$ 57.55 56,269	D	
Swift Energy Common	05/13/2008		S	2,500 D	\$ 57.056 53,769	D	

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Stock								
Swift Energy Common Stock	05/13/2008		S	2,500	D	\$ 56.54	51,269	D
Swift Energy Common Stock	05/13/2008		S	2,500	D	\$ 56	48,769	D
Swift Energy Common Stock	05/14/2008		M	5,100	A	\$ 25.18	53,869	D
Swift Energy Common Stock	05/14/2008		M	1,263	A	\$ 47.35	55,132	D
Swift Energy Common Stock	05/14/2008		M	1,658	A	\$ 49.7	56,790	D
Swift Energy Common Stock	05/14/2008		<u>F(3)</u>	2,221	D	\$ 57.8	54,569	D
Swift Energy Common Stock	05/14/2008		<u>F(4)</u>	1,034	D	\$ 57.8	53,535	D
Swift Energy Common Stock	05/14/2008		<u>F(5)</u>	1,425	D	\$ 57.8	52,110	D

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

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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)	
						Date Exercisable	Expiration Date	Title
				Code	V (A) (D)			

Stock Option 5/14/08 - 11/8/2014	\$ 57.8	05/14/2008	A ⁽¹⁾	2,221	05/14/2009	11/08/2014	Swift Energy Common Stock
Stock Option 5/14/08 - 5/14/2010	\$ 57.8	05/14/2008	A ⁽²⁾	2,459	05/14/2009	05/14/2010	Swift Energy Common Stock
SQ01 Plan grt 11/8/2004 NQ	\$ 25.18	05/14/2008	M	5,100	11/08/2005	11/08/2014	Swift Energy Common Stock
SQ05 Plan Grant 11-9-06-2008	\$ 49.7	05/14/2008	M	1,658	11/09/2007	11/09/2008	Swift Energy Common Stock
SQ90 Plan grt 11/22/2005; exp 12/07/2008	\$ 47.35	05/14/2008	M	1,263	11/22/2006	12/07/2008	Swift Energy Common Stock

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

Bruce H. Vincent, POA for Alton D. Heckaman, Jr	05/14/2008
**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 2,221 shares of issuer's common stock at \$57.80 per share, the closing price of issuer's stock on 5/13/2008.
- (4) Payment of exercise price by delivery of 1,034 shares of issuer's common stock at \$57.80 per share, the closing price of issuer's stock on 5/13/2008.
- (5) Payment of exercise price by delivery of 1,425 shares of issuer's common stock at \$57.80 per share, the closing price of issuer's stock on 5/13/2008.

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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