

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
____ Officer (give title below)
____ 10% Owner
____ 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)
				(A) or (D) Code V Amount (D) Price			
SFY Common Stock-401(k)					6,959	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding					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)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title

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