

SWIFT ENERGY CO
Form 4
February 28, 2008

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 *
DAMICO JOSEPH A

(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)
02/26/2008

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)
Executive VP

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)	
			Code	V	Amount	(D)	Price	
SFY Common Stock-401(k)					7,945	I	401(k)	
SFY Cmmn Stock-ESOP Holding					739	I	ESOP	
Swift Energy Common Stock	02/26/2008		M	406	A	\$ 30.47	21,820	D
Swift Energy Common	02/26/2008		M	32,594	A	\$ 30.47	54,414	D

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Stock							
Swift Energy Common Stock	02/26/2008	S	1,900	D	\$ 50.12	52,514	D
Swift Energy Common Stock	02/26/2008	S	500	D	\$ 50.11	52,014	D
Swift Energy Common Stock	02/26/2008	S	100	D	\$ 50.1	51,914	D
Swift Energy Common Stock	02/26/2008	S	100	D	\$ 50.08	51,814	D
Swift Energy Common Stock	02/26/2008	S	400	D	\$ 50.07	51,414	D
Swift Energy Common Stock	02/26/2008	S	900	D	\$ 50.05	50,514	D
Swift Energy Common Stock	02/26/2008	S	900	D	\$ 50.04	49,614	D
Swift Energy Common Stock	02/26/2008	S	901	D	\$ 50.01	48,713	D
Swift Energy Common Stock	02/26/2008	S	27,299	D	\$ 50	21,414	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 Securities (Instr. 3 and 4)
				Code	V (A) (D)		Title

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						Date Exercisable	Expiration Date		Amount or Number of Shares
SQ01 Plan grt 5/8/2001 ISO	\$ 30.47	02/26/2008	M	406	05/08/2002	05/08/2011	Swift Energy Common Stock	406	
SQ01 Plan grt 5/8/2001 NQ	\$ 30.47	02/26/2008	M	32,594	05/08/2002	05/08/2011	Swift Energy Common Stock	32,594	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
DAMICO JOSEPH A 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060			Executive VP	

Signatures

Joseph A.
D'Amico

02/26/2008

__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).

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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