

SWIFT ENERGY CO
Form 4
May 21, 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 *
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)
05/21/2008

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)
				(A) or (D) Code V Amount (D) Price			
SFY Common Stock-401(k)					10,353	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding					795	I	ESOP Plan
Swift Energy Common Stock	05/21/2008		M	5,000 A \$ 30.47	92,101	D	
Swift Energy Common Stock	05/21/2008		M	1,421 A \$ 36.22	93,522	D	

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Swift Energy Common Stock	05/21/2008	M	423	A	\$ 13.84	93,945	D
Swift Energy Common Stock	05/21/2008	F ⁽⁴⁾	3,375	D	\$ 62.09	90,570	D
Swift Energy Common Stock	05/21/2008	S	3,469	D	\$ 62.09	87,101	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	Amount or Number of Shares
Stock Option 5/21/2008 - 5/8/2011	\$ 62.09	05/21/2008		A ⁽¹⁾		2,453		05/21/2009	05/08/2011	Swift Energy Common Stock	2,453
Stock Option 5/21/2008 - 5/21/2010	\$ 62.09	05/21/2008		A ⁽²⁾		828		05/21/2009	05/21/2010	Swift Energy Common Stock	828
Stock Option 5/21/2008 - 11/5/2013	\$ 62.09	05/21/2008		A ⁽³⁾		94		05/21/2009	11/05/2013	Swift Energy Common Stock	94
SQ01 Plan grt 5/8/2001 NQ	\$ 30.47	05/21/2008		M		5,000		05/08/2002	05/08/2011	Swift Energy Common Stock	5,000

SQ90 plan
grt
6/9/2005 \$ 36.22 05/21/2008
NQ exp
2/7/10

M 1,421 06/09/2006 02/07/2010

Swift
Energy
Common
Stock 1,42

SQ01 Plan
grt \$ 13.84 05/21/2008
11/4/2003

M 423 11/04/2004 11/04/2013

Swift
Energy
Common
Stock 423

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
VINCENT BRUCE H 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060			President and Sec'y	

Signatures

Bruce H. Vincent 02/21/2008

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) Grant of reload option pursuant to plan.
- (4) Payment of exercise price by delivery of 3,375 shares of issuer's common stock at \$62.09 per share, the closing price of issuer's stock on 5/20/2008.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.