MORAN VICTOR Form 4

May 24, 2007

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL

OMB Number:

3235-0287

Expires:

January 31, 2005

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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

may continue. See Instruction

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * MORAN VICTOR			2. Issuer Name and Ticker or Trading Symbol SWIFT ENERGY CO [SFY]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last) (First) (Middle)		(Middle)	3. Date of Earliest Transaction	(Check an applicable)		
16825 NORTH SUITE 400	ICHASE DI	RIVE,	(Month/Day/Year) 05/09/2007	Director 10% Owner Officer (give title below)		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Ched		
HOUSTON, TX 77060			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

						Pe.	ISOII		
(City)	(State) (Zip	Table I	- Non-Deri	ivative Se	curitie	s Acquir	ed, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securities Acquired ion(A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or		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)			Couc v	Amount	(D)	Titee	7,454	I	401K
SFY Cmmn Stock-ESOP Holding							1,272	I	ESOP Plan
Swift Energy Common Stock	05/09/2007		G V	1,812	D	\$ 0	11,054	D	
Swift Energy Common	05/22/2007		M	2,000	A	\$ 16.96	13,054	D	

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05/22/2007	M	8,000	A	\$ 8.3	21,054	D
05/22/2007	M	9,000	A	\$ 13.84	30,054	D
05/22/2007	M	1,080	A	\$ 25.18	31,134	D
05/22/2007	S	4,200	D	\$ 43.07	26,934	D
05/22/2007	S	4,000	D	\$ 43.09	22,934	D
05/22/2007	S	4,200	D	\$ 43.11	18,734	D
05/22/2007	S	3,480	D	\$ 43.2	15,254	D
05/22/2007	S	4,200	D	\$ 43.25	11,054	D
	05/22/2007 05/22/2007 05/22/2007 05/22/2007 05/22/2007	05/22/2007 M 05/22/2007 S 05/22/2007 S 05/22/2007 S 05/22/2007 S	05/22/2007 M 9,000 05/22/2007 M 1,080 05/22/2007 S 4,200 05/22/2007 S 4,000 05/22/2007 S 4,200 05/22/2007 S 3,480	05/22/2007 M 9,000 A 05/22/2007 M 1,080 A 05/22/2007 S 4,200 D 05/22/2007 S 4,200 D 05/22/2007 S 3,480 D	05/22/2007 M 9,000 A \$\frac{\\$}{13.84}\$ 05/22/2007 M 1,080 A \$\frac{\\$}{25.18}\$ 05/22/2007 S 4,200 D \$\frac{\\$}{43.07}\$ 05/22/2007 S 4,200 D \$\frac{\\$}{43.11}\$ 05/22/2007 S 3,480 D \$\\$43.2	05/22/2007 M 9,000 A \$\binom{\text{\$\frac{1}{3}.84}}{13.84} 30,054 \\ 05/22/2007 M 1,080 A \$\binom{\text{\$\frac{5}{2}.18}}{25.18} 31,134 \\ 05/22/2007 S 4,200 D \$\binom{\text{\$\frac{5}{4}3.07}}{43.07} 26,934 \\ 05/22/2007 S 4,000 D \$\binom{\text{\$\frac{5}{4}3.09}}{43.11} 18,734 \\ 05/22/2007 S 3,480 D \$\text{\$\frac{5}{4}3.11}} \$\text{\$\frac{5}{2}.254} \\ \end{array}

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474 (9-02)

 $\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (e.g., puts, calls, warrants, options, convertible securities) \end{tabular}$

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. Transactic Code (Instr. 8)	5. Number 6. Date Exercisable and ion f Derivative Expiration Date Expiration Date (Month/Day/Year) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	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

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SQ01 Plan grt 2/4/2002	\$ 16.96	05/22/2007	M	2,000	02/04/2003	02/04/2012	Swift Energy Common Stock	10,000
SQ01 Plan grt 11/11/2002 NQ	\$ 8.3	05/22/2007	M	8,000	11/11/2003	11/11/2012	Swift Energy Common Stock	10,000
SQ01 Plan grt 11/4/2003 ISO	\$ 13.84	05/22/2007	M	9,000	11/04/2004	11/04/2013	Swift Energy Common Stock	20,000
SQ01 Plan grt 11/8/2004 NQ	\$ 25.18	05/22/2007	M	1,080	11/08/2005	11/08/2014	Swift Energy Common Stock	5,400

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Reporting Owners

Reporting Owner Name / Address		Keiauonsinps						
	Director	10% Owner	Officer	Other				

MORAN VICTOR

16825 NORTHCHASE DRIVE, SUITE 400 SVP & CCO

HOUSTON, TX 77060

Signatures

Karen Bryant POA for Victor R.
Moran
05/24/2007

**Signature of Reporting Person Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

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.

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^{**} Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).