Edgar Filing: HECKAMAN ALTON D JR - Form 4

HECKAMAN Form 4													
February 18, 20	Л	STATES	SFCURIT	TIFS AT	ND	FXCH		SE COI	MMISSION		PROVAL		
		JIAIL				C. 2054				OMB Number:	3235-0287		
Check this b if no longer											January 31, 2005		
subject to Section 16. Form 4 or Form 5 obligations	F CHANGES IN BENEFICIAL OWN SECURITIES Section 16(a) of the Securities Exchange						ct of 1934,	Estimated av burden hours response	/erage				
may continu See Instructi 1(b).	le.		Public Utili of the Inve	•	-	-	•		935 or Section				
(Print or Type Res	ponses)												
1. Name and Address of Reporting Person <u>*</u> HECKAMAN ALTON D JR			2. Issuer Name and Ticker or Trading Symbol SWIFT ENERGY CO [SFY]						5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (N	Middle)	3. Date of Earliest Transaction						(Check all applicable)				
16825 NORTHCHASE DRIVE, SUITE 400			(Month/Day/Year) 02/16/2011					bel	Director 10% Owner Officer (give title Other (specify below) EVP & CFO				
	1				Filed(Month/Day/Year)					 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
HOUSTON, T	X 77060								rson	ne than One Rep	orting		
(City)	(State)	(Zip)	Table I	- Non-Do	eriv	ative Sec	uritie	s Acquir	ed, Disposed of,	or Beneficially	y Owned		
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	ar) Execu any	Deemed ution Date, if th/Day/Year)	Code (Instr. 8	ction (3)	4. Securit (A) or Dis (Instr. 3, 4)	sposed	l of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
SFY Common Stock-401(k)									8,065 <u>(1)</u>	I	401(k) Plan		
SFY Cmmn Stock-ESOP Holding									1,473 <u>(2)</u>	I	ESOP Plan		
Swift Energy Common Stock	02/16/2011			А		10,000	А	\$ 46.36	133,730	D			
Swift Energy Common	02/16/2011			F	,	7,558	D	\$ 46 36	126,172	D			

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Stock

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form displays a currently valid OMB control number.

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. Transactio Code (Instr. 8)	Securitie Acquiree Disposee	ve es d (A) or	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amoun Underlying Securit (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sł
Stock Option 2/16/2011 - 2/16/2013	\$ 46.36	02/16/2011		A	7,558		02/16/2012	02/16/2013	Swift Energy Common Stock	7,5
SQ01 Plan grt 2/20/2001 ISO	\$ 35.04	02/16/2011		М		10,000	02/20/2002	02/20/2011	Swift Energy Common Stock	10,0

Reporting Owners

Reporting Owner Name / Address		Relationships						
	Director	10% Owner	Officer	Other				
HECKAMAN ALTON 16825 NORTHCHASI HOUSTON, TX 77060			EVP & CFO					
Signatures								
Alton D. Heckaman, Jr	02/18/2011							
**Signature of	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) Based on statement dated 1/30/2011.
- (2) Based on statement dated 12/31/2009.

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.