SWIFT ENERGY CO

Check this box

if no longer

subject to

Section 16.

Form 4

February 11, 2014

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION

OMB APPROVAL

OMB Number: 3235-0287

Expires: January 31, 2005

Estimated average burden hours per response... 0.5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Washington, D.C. 20549

Form 4 or Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * SWIFT TERRY E			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) (I		(Middle)	3. Date of Earliest Transaction	(Shook an approache)			
			(Month/Day/Year)	Director 10% Owner			
16825 NORTHCHASE DRIVE, SUITE 400			02/09/2014	Officer (give title Other (specify below)			
				COB & CEO			
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
			Filed(Month/Day/Year)	Applicable Line)			
HOUSTON, TX 77060				_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			

(City)	(State) (Zip)	Table I -	· Non-Deri	vative Sec	curities A	cqui	red, Disposed of,	or Beneficial	ly 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 or(A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price		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)			Co uc ,	raniount	(2)	1100	11,003 (1)	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding							1,251 (2)	I	ESOP Plan
Swift Energy Common Stock							8,085	I	TES GST Exempt Trust (3)
Swift Energy Common Stock	02/09/2014		F	4,255	D \$	1.7	395,246	D	

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

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(9-02)

9. Nu Deriv Secu Bene Own Follo Repo Trans (Insti

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	isable and	7. Titl	e and	8. Price of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transact	tionNumber	Expiration Da	ate	Amou	nt of	Derivative
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)) Derivative	e		Securi	ties	(Instr. 5)
	Derivative				Securities	3		(Instr.	3 and 4)	
	Security				Acquired					
					(A) or					
					Disposed					
					of (D)					
					(Instr. 3,					
					4, and 5)					
									A	
									Amount	
						Date	Expiration		or	
						Exercisable Date		Number		
				G 1 1	7 (4) (5)				of	
				Code V	V (A) (D)				Shares	

Deletionships

Reporting Owners

Reporting Owner Name / Address	Kelationsinps						
	Director	10% Owner	Officer	Other			
TOT TO DAY D							

SWIFT TERRY E COB 16825 NORTHCHASE DRIVE, SUITE 400 & CEO HOUSTON, TX 77060

Signatures

Terry E. Swift 02/11/2014 **Signature of Date Reporting Person

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 12/31/2013.
- (2) Based on statement dated 12/31/2012.
- (3) Shares owned by the Terry Earl Swift GST Exempt Trust.

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.

Reporting Owners 2