SWIFT ENERGY CO

Form 4 June 13, 2005

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB 3235-0287

Number:

January 31, 2005

0.5

Estimated average burden hours per

response...

Expires:

if no longer subject to Section 16. Form 4 or Form 5

Check this box

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations may continue.

See Instruction

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 Ac	•	orting Person *	2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer			
			SWIFT ENERGY CO [SFY]	(Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction				
			(Month/Day/Year)	X Director 10% Owner			
16825 NORTHCHASE DRIVE, SUITE 400			06/09/2005	X Officer (give title Other (specify below)			
				PRESIDENT			
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
			Filed(Month/Day/Year)	Applicable Line)			
				X Form filed by One Reporting Person			
HOUSTON, TX 77060				Form filed by More than One Reporting Person			
(City)	(State)	(Zip)					

(City)	(State)	(Zip) Tab	le I - Non-	Derivative	e Secu	rities Acqui	red, Disposed of,	or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Date, if Trans any Code		ansaction Disposed of (D)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial) Ownership
Common	0.510012002		Code V	Amount	` /	Price \$	(Instr. 3 and 4)		
Stock	06/09/2005	06/09/2005	M	4,500	A	11.4375	55,726	D	
Common Stock	06/09/2005	06/09/2005	F(1)	1,421	D	\$ 36.22	54,305	D	
Common Stock							9,066	I	401(k)
Common Stock							1,159	I	ESOP

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

Edgar Filing: SWIFT ENERGY CO - Form 4

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)

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)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Derivative Expiration Date Securities (Month/Day/Year) Acquired (A) or Disposed of (D) (Instr. 3, 4, and		7. Title and Amount o Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to buy)	\$ 11.4375	06/09/2005	06/09/2005	M		4,500	02/07/2001	02/07/2010	Common Stock	4,500
Stock Options (Right to buy)	\$ 36.22	06/09/2005	06/09/2005	A(2)	1,421		06/09/2006	02/07/2010	Common Stock	1,421

Reporting Owners

Reporting Owner Name / Address	Relationships						
. 0	Director	10% Owner	Officer	Other			
VINCENT BRUCE H							
16825 NORTHCHASE DRIVE SUITE 400	X		PRESIDENT				

Signatures

HOUSTON, TX 77060

Karen Bryant POA for Bruce H. Vincent 06/13/2005

**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) Payment of exercise price by delivering or withholding 1,421 shares of common stock at \$36.22 per share, the closing price of issuer's common stock on 6-09-05.
- (2) Grant of reload option pursuant to plan.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Reporting Owners 2

Edgar Filing: SWIFT ENERGY CO - Form 4

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.