MONTGOMERY HENRY C

Form 4

January 11, 2006

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

5. Relationship of Reporting Person(s) to

Issuer

January 31, 2005

0.5

Estimated average burden hours per

response...

OMB APPROVAL

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

Check this box

obligations may continue. See Instruction

Symbol

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

2. Issuer Name and Ticker or Trading

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

MONTGOMERY HENRY C

MONTOONIZAT TIZMAT C		SWIFT	ENERGY	CO [SF	Y]	(Check all applicable)				
(Last) 16825 NOI SUITE 400	RTHCHASE DRI	(Month/	of Earliest Tran Day/Year) 2006	nsaction		Director 10% Owner Officer (give title Other (specify below)				
HOUSTON	(Street) J, TX 77060		4. If Amendment, Date Original 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 Person			
(City)	(State)	(Zip) Tal	ole I - Non-De	erivative S	ecurities Aco	uired, Disposed of	f. or Beneficial	lv Owned		
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Yea	ate 2A. Deemed	3. f Transactio	4. Securit or(A) or Di (Instr. 3,	ties Acquired sposed of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect		
SFY Cmmi Stock-IRA Holdings	1					792	I	IRA		
SFY Cmmi Stock-By Other Holdings	1					2,123	I	Held in Keogh		
Swift Energy Common Stock	01/09/2006		M	2,000	A \$ 15.65	5,210	D			

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Swift Energy Common Stock	01/09/2006	M	2,000	A	\$ 9.77	7,210	D
Swift Energy Common Stock	01/09/2006	M	5,000	A	\$ 21.75	12,210	D
Swift Energy Common Stock	01/09/2006	S	1,100	D	\$ 46.31	11,110	D
Swift Energy Common Stock	01/09/2006	S	700	D	\$ 46.32	10,410	D
Swift Energy Common Stock	01/09/2006	S	1,500	D	\$ 46.33	8,910	D
Swift Energy Common Stock	01/09/2006	S	5,000	D	\$ 46.34	3,910	D
Swift Energy Common Stock	01/09/2006	S	100	D	\$ 46.39	3,810	D
Swift Energy Common Stock	01/09/2006	S	200	D	\$ 46.48	3,610	D
Swift Energy Common Stock	01/09/2006	S	400	D	\$ 46.49	3,210	D

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

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SEC 1474 (9-02)

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

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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 cionof 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 Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
NQ90 plan grt 5/14/2002 NQ	\$ 15.65	01/09/2006		M		2,000	05/14/2003	05/14/2012	Swift Energy Common Stock	2,000
NQ90 plan grt 5/14/2003 NQ	\$ 9.77	01/09/2006		M		2,000	05/14/2004	05/14/2013	Swift Energy Common Stock	2,000
NQ90 Plan grt 5/9/2000 NQ	\$ 21.75	01/09/2006		M		5,000	05/09/2001	05/09/2010	Swift Energy Common Stock	5,000

Reporting Owners

Relationships Reporting Owner Name / Address

Director 10% Owner Officer Other

MONTGOMERY HENRY C 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060

Signatures

Karen Bryant POA for Henry C. 01/11/2006 Montgomery

> **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).

Remarks:

All securities and other information on this form and subsequent forms filed as to Swift Energy Company reflect the creation of a holding company organizational structure, whereby pursuant to Rule 414 under the Securities Exchange Act, on December the Issuer (a former subsidiary of the previous publicly held company) became the publicly held company and the successor to

Reporting Owners 3

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the former publicly held company. Pursuant to the terms of a merger among the Issuer, the prior publicly held company and a third Swift Energy subsidiary, each share of old Swift Energy Company became one share of new Swift Energy Company.

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.