

KITTERMAN JAMES M
Form 4
March 24, 2006

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting Person *
KITTERMAN JAMES M

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)
16825 NORTHCHASE DRIVE,
SUITE 400
(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
03/23/2006

____ Director
____ Officer (give title below)
____ 10% Owner
____ Other (specify below)
Senior VP Operations

HOUSTON, TX 77060
(City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Cmmn Stock-By Other Holdings					2,420	I	By Other
SFY Common Stock-401(k)					9,515 ⁽¹⁾	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding					1,199 ⁽²⁾	I	ESOP Plan
Swift Energy Common	03/23/2006	03/23/2006	M	6,748 A \$ 18.8	49,436	D	

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Stock

Swift Energy

Common 03/23/2006 03/23/2006 D 4,064 D \$ 37.2 45,372 D

Stock

Swift Energy

Common 03/23/2006 03/23/2006 D 800 D \$ 37.25 44,572 D

Stock

Swift Energy

Common 03/23/2006 03/23/2006 D 200 D \$ 37.27 44,372 D

Stock

Swift Energy

Common 03/23/2006 03/23/2006 D 500 D \$ 37.28 43,872 D

Stock

Swift Energy

Common 03/23/2006 03/23/2006 D 584 D \$ 37.29 43,288 D

Stock

Swift Energy

Common 03/23/2006 03/23/2006 D 300 D \$ 37.3 42,988 D

Stock

Swift Energy

Common 03/23/2006 03/23/2006 D 300 D \$ 37.31 42,688 D

Stock

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

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(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. Transaction Code (Instr. 8)	5. Number of 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)	8. Amount or Number of Shares
SQ90 plan grt	\$ 18.8	03/23/2006	03/23/2006	M	6,748	04/06/2005 04/06/2006	Swift Energy	6,748

4/6/2004
NQCommon
Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
KITTERMAN JAMES M 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060			Senior VP Operations	

Signatures

James M. Kitterman	03/24/2006
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__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) Includes 226 additional shares distributed on 2/14/06.
- (2) Includes 41 additional shares issued on 2/27/06.

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.