

HECKAMAN ALTON D JR  
 Form 4  
 December 07, 2010

**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 \*  
 HECKAMAN ALTON D JR

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)  
 10/18/2010

\_\_\_\_ Director  
 \_\_\_\_ Officer (give title below)  
 \_\_\_\_ 10% Owner  
 \_\_\_\_ Other (specify below)  
 EVP & CFO

HOUSTON, TX 77060

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

(City) (State) (Zip)

**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 Common Stock-401(k)				(A) or (D)	Price		
			Code	V	Amount	(D)	Price
SFY Cmmn Stock-ESOP Holding							
Swift Energy Common Stock	10/18/2010		G	V	350	D	\$ 0
							114,476
							D
Swift Energy Common	10/19/2010		G	V	100	D	\$ 0
							114,376
							D

Stock

Swift Energy Common Stock	12/03/2010	M	9,933	A	\$ 14.66	124,309	D
Swift Energy Common Stock	12/03/2010	S	10,000	D	\$ 40	114,309	D
Swift Energy Common Stock	12/03/2010	F	3,626	D	\$ 40.15	110,683	D

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)	
				Code	V (A) (D)	Date Exercisable Expiration Date	Title	Amount or Number of Shares
Stock Option 12/3/2010 - 2/10/2019	\$ 40.15	12/03/2010		A	3,626	12/03/2011 02/10/2019	Swift Energy Common Stock	3,626
Stock Option 2/10/2009 - 2/10/2019	\$ 14.66	12/03/2010		M	9,933	02/10/2010 02/10/2019	Swift Energy Common Stock	9,933

## Reporting Owners

**Reporting Owner Name / Address**

**Relationships**

Director 10% Owner Officer Other

HECKAMAN ALTON D JR  
16825 NORTHCHASE DRIVE, SUITE 400  
HOUSTON, TX 77060

EVP & CFO

## Signatures

Alton D.  
Heckaman, Jr                      12/07/2010

                                Date  
\*\*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 12/31/2009.
- (2) Based on statement dated as of 12/31/2008.

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