VINCENT BRUCE H

Form 4

February 14, 2012

FORM 4,

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

OMB APPROVAL

OMB
Number: 3235-0287

Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005

0.5

Form 4 or Form 5 obligations may continue.

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

response...

Estimated average

burden hours per

See Instruction 1(b).

(Print or Type Responses)

| 1. Name and Address of Reporting Person * VINCENT BRUCE H | | | 2. Issuer Name and Ticker or Trading Symbol SWIFT ENERGY CO [SFY] | 5. Relationship of Reporting Person(s) to Issuer | | | |
|---|---------|----------|--|--|--|--|--|
| (Last) (First | (First) | (Middle) | 3. Date of Earliest Transaction | (Check all applicable) | | | |
| 16825 NORTHCHASE DRIVE, SUITE 400 | | RIVE, | (Month/Day/Year) 02/10/2012 | Director 10% Owner Officer (give title below) Other (specify below) President and Sec'y | | | |
| (Street) | | | 4. If Amendment, Date Original | 6. Individual or Joint/Group Filing(Check | | | |
| HOUSTON, TX 77060 | | | Filed(Month/Day/Year) | Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person | | | |

| | | | i cison | | | | | | | |
|--------------------------------------|--------------------------------------|--|---|--------|--|--|---|---|----------------|--|
| (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. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V 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) | | | | | | | 11,591 (1) | I | 401(k) Plan | |
| SFY Cmmn Stock-ESOP Holding | | | | | | | 460 (2) | I | ESOP Plan | |
| Swift Energy Common Stock | 02/10/2012 | | F | 3,513 | D | \$ 32.31 | 178,460 | D | | |
| Swift Energy Common | 02/13/2012 | | A | 43,700 | A | \$ 0 | 222,160 | D | | |

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Stock

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)

| 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 of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) | es (Month/Day/Year) d (A) osed of | | 7. Title and Amount Underlying Securitic (Instr. 3 and 4) | |
|---|---|---|---|--|---|-----------------------------------|--------------------|---|------------------------------|
| | | | | Code V | (A) (D) | Date Exercisable | Expiration Date | Title | Amou or Numb of Sha |
| Stock Option 2/13/2012 - 2/13/2022 | \$ 32.63 | 02/13/2012 | | A | 63,000 | 02/13/2013(3) | 02/13/2022 | Swift Energy Common Stock | 63,0 |

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

VINCENT BRUCE H 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060

President and Sec'y

Signatures

Bruce H. 02/14/2012 Vincent

**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 1/30/2011.
- (2) Based on statement dated 12/31/2010.

Reporting Owners 2

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(3) The option vests in three equal annual installments beginning on February 13, 2013.

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.