

KITTERMAN JAMES M
Form 4
June 09, 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

3. Date of Earliest Transaction
(Month/Day/Year)
06/08/2006

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

(Street)
HOUSTON, 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)

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)					9,815	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding					899	I	ESOP Plan
	06/08/2006	06/08/2006	M	14,612 A	57,300	D	

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Swift Energy Common Stock						\$			
						21.13			
Swift Energy Common Stock	06/08/2006	06/08/2006	M	1	A	\$ 9	57,301		D
Swift Energy Common Stock	06/08/2006	06/08/2006	<u>F(2)</u>	8,007	D	\$ 38.56	49,294		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 Security (Instr. 3 and 4)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
SQ05 Plan Grant	\$ 38.56	06/08/2006	06/08/2006	<u>A(1)</u>		8,007		06/08/2007	06/08/2008	Swift Energy Common Stock	8,007
SQ90 plan grt 6/8/2004 NQ	\$ 21.13	06/08/2006	06/08/2006	M		14,612		06/08/2005	06/08/2006	Swift Energy Common Stock	14,612
SQ90 Plan grt 12/9/1998 ISO 8 yr exp	\$ 9	06/08/2006	06/08/2006	M		1		12/09/1999	12/26/2006	Swift Energy Common Stock	1

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

06/09/2006

**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) Grant of reload option pursuant to plan.
 - (2) Payment of exercise price by delivering or withholding 8,007 shares of issuer's common stock at \$38.56 per share, the closing price of issuer's common stock on 6-7-06.

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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