SWIFT ENERGY CO

Form 4

January 02, 2008

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

(Check all applicable)

Issuer

January 31, 2005

0.5

Estimated average

OMB APPROVAL

burden hours per response...

subject to Section 16. Form 4 or Form 5 obligations

may continue.

See Instruction

if no longer

Check this box

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

SWIFT ENERGY CO [SFY]

Symbol

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

HECKAMAN ALTON D JR

								(Check	an applicable	,		
(Last)	(First)	(Middle	e) 3. Date of Ea	3. Date of Earliest Transaction								
			(Month/Day/	(Month/Day/Year)				Director	10% Owner			
16825 NORTHCHASE DRIVE,			12/28/2007					Officer (give ti	r (specify			
SUITE 400				12/20/2007				below) below)				
SCIIL 100						EV	P & CFO					
	(Street)		4. If Amenda	4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check				
			Filed(Month/I	Filed(Month/Day/Year)				Applicable Line)				
								X_Form filed by One Reporting Person				
HOUSTON, T						Form filed by More than One Reporting Person						
(City)	(State)	(Zip)	Table I	- Non-Der	ivative Se	curitio	es Acquir	ed, Disposed of,	or Beneficiall	y Owned		
1.Title of	2. Transactio	n Date 2	2A. Deemed	3.	4. Securi	ties A	cauired	5. Amount of	6.	7. Nature of		
Security	(Month/Day/	11.1						Securities	Ownership	Indirect		
(Instr. 3)	,		any	Code (Instr. 3, 4 and 5)				Beneficially	Form:	Beneficial		
,			(Month/Day/Year)	(Instr. 8)			,	Owned	Direct (D)	Ownership		
								Following	or Indirect	(Instr. 4)		
						()		Reported	(I)			
						(A)		Transaction(s)	(Instr. 4)			
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)				
SFY Common				Code v	7 timount	(D)	11100			401(k)		
								6,959	I	` ′		
Stock-401(k)										Plan		
SFY Cmmn										EGOD		
Stock-ESOP								1,276	I	ESOP		
Holding								1,270	•	Plan		
noluling												
Swift Energy												
Common	12/28/2007	7		M	3,001	A	\$ 8.3	36,047	D			
Stock					-,		7 0.0	,	_			
Stock												
Swift Energy							¢					
Common	12/28/2007	7		M	2,730	A	12.04	38,777	D			
Stock							13.84					
Stoon												

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Swift Energy Common Stock	12/28/2007	F(3)	571	D	\$ 43.58	38,206	D
Swift Energy Common Stock	12/28/2007	F(4)	866	D	\$ 43.58	37,340	D

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474

(9-02)

 $\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (e.g., puts, calls, warrants, options, convertible securities) \end{tabular}$

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)	orDeriva Securi Acqui	ties red (A) posed of 3, 4,	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	Amour or Number of Shares
Stock Option 12/28/07 - 11/11/12	\$ 43.58	12/28/2007		A <u>(1)</u>	571		12/28/2008	11/11/2012	Swift Energy Common Stock	571
Stock Option 12/28/07 - 11/4/13	\$ 43.58	12/28/2007		A(2)	866		12/28/2008	11/04/2013	Swift Energy Common Stock	866
SQ01 Plan grt 11/11/2002	\$ 8.3	12/28/2007		M		3,001	11/11/2003	11/11/2012	Swift Energy Common Stock	3,00
SQ01 Plan grt 11/4/2003	\$ 13.84	12/28/2007		M		2,730	11/04/2004	11/04/2013	Swift Energy Common Stock	2,730

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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

Bruce H. Vincent POA for Alton D. Heckaman Jr

01/02/2008

**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) Grant of reload option pursuant to plan.
- (3) Payment of exercise price by delivery of 571 shares of issuer's common stock at \$43.58 per share, the closing price of issuer's stock on 12/28/2007.
- (4) Payment of exercise price by delivery of 866 shares of issuer's common stock at \$43.58 per share, the closing price of the issuer's stock on 12/28/2007.

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.

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