

SWIFT TERRY E
Form 4
March 24, 2011

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 *
SWIFT TERRY E

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)
03/22/2011

____ Director
____ Officer (give title below)
____ 10% Owner
____ Other (specify below)
COB & CEO

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)	8,826 ⁽¹⁾	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding				(A)	1,482 ⁽²⁾	I	ESOP Plan
Swift Energy Common Stock				(A)	8,085	I	TES GST Exempt Trust ⁽³⁾
	03/22/2011		S	10,000 D	\$ 41.2 328,804	D	

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Swift Energy Common Stock								
Swift Energy Common Stock	03/22/2011		S	2,000	D	\$ 40.7	326,804	D
Swift Energy Common Stock	03/22/2011		S	2,000	D	\$ 40.814	324,804	D
Swift Energy Common Stock	03/22/2011		S	2,000	D	\$ 41.113	322,804	D
Swift Energy Common Stock	03/22/2011		S	2,000	D	\$ 40.9	320,804	D
Swift Energy Common Stock	03/23/2011		S	1,000	D	\$ 40.5837	319,804	D
Swift Energy Common Stock	03/23/2011		S	1,000	D	\$ 40.5	318,804	D
Swift Energy Common Stock	03/23/2011		S	2,000	D	\$ 40.2494	316,804	D
Swift Energy Common Stock	03/23/2011		S	2,000	D	\$ 40.1876	314,804	D
Swift Energy Common Stock	03/23/2011		S	2,000	D	\$ 40.3	312,804	D
Swift Energy Common Stock	03/23/2011		S	2,000	D	\$ 40.5	310,804	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	2. Conversion or Exercise	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any	4. Transaction Code	5. Number of	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying	8. Price of Derivative Security	9. Number of Derivative Securities
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(Instr. 3)	Price of Derivative Security	(Month/Day/Year)	(Instr. 8)	Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Securities (Instr. 3 and 4)	(Instr. 5)	Bene- Own- Follo- Repo- Trans- (Instr.
Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

SWIFT TERRY E
16825 NORTHCHASE DRIVE, SUITE 400
HOUSTON, TX 77060

COB
& CEO

Signatures

Terry E. Swift 03/24/2011

**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) Based on statement dated 1/30/2011.
- (2) Based on statement dated 12/31/2009.
- (3) Shares owned by the Terry Earl Swift GST Exempt Trust.

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.