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SWIFT ENE	RGY CO										
Form 4	-										
June 13, 200											
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION							OMB	VPROVAL 3235-0287			
Check thi	is box		Was	hington,	D.C. 20	549			Number: Expires:	January 31,	
if no long subject to Section 1 Form 4 or Form 5	6. r	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES									
Form 5 obligations may continue. See Instruction 1(b). 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 F	Responses)										
1. Name and Address of Reporting Person <u>*</u> WESSON DAVID W			2. Issuer Name and Ticker or Trading Symbol SWIFT ENERGY CO [SFY]					5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (M	liddle)		Earliest Tr	-	,		(Chec)	k all applicable	2)	
16825 NORTHCHASE DRIVE, SUITE 400			(Month/Day/Year) 06/09/2005					Director 10% Owner X Officer (give title Other (specify below) below) CONTROLLER			
				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 			
HOUSTON	, TX 77060							Person	lore than One Re	porting	
(City)	(State) (Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, any (Month/Day/Year)		n Date, if	Code (Instr. 3, 4 and 5) ar) (Instr. 8) (A)				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock	06/09/2005	06/09/2	.005	S	1,336	D	\$ 36.25	1,580 <u>(1)</u>	D		
Common Stock								2,353	Ι	401(k)	
Common Stock								1,549	I	ESOP	

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

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number.

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. 6. Date Exercisable and orNumber Expiration Date of (Month/Day/Year) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,		Date	Amou Unde Secur	tle and unt of erlying rities r. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
Repo	rting O	wners		Code V	4, and 5) (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owner Name / Address		Relationships						
	Director	10% Owner	Officer	Other				
WESSON DAVID W 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060)		CONTROLLER					
Signatures								
David W. 06/13/2005 Wesson								

**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) Includes 520 shares acquired under the SFY employee stock purchase plan on May 31, 2005.

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.