

SWIFT ENERGY CO

Form 4

July 07, 2005

FORM 4**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

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

OMB APPROVAL

OMB
Number: 3235-0287
Expires: January 31,
2005
Estimated average
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(Print or Type Responses)

1. Name and Address of Reporting Person *
HECKAMAN ALTON D JR

(Last) (First) (Middle)

16825 NORTHCHASE DRIVE,
SUITE 400

(Street)

HOUSTON, TX 77060

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading
Symbol
SWIFT ENERGY CO [SFY]

3. Date of Earliest Transaction
(Month/Day/Year)
06/24/2005

4. If Amendment, Date Original
Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

____ Director ____ 10% Owner
__X__ Officer (give title below) ____ Other (specify below)

EVP/CFO

6. Individual or Joint/Group Filing(Check
Applicable Line)
__X__ Form filed by One Reporting Person
____ Form filed by More than One Reporting
Person

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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	06/24/2005	06/24/2005	G	V	300	D	\$ 0	19,605	D	
Common Stock	07/05/2005	07/05/2005	S		2,500	D	\$ 38.25	17,105	D	
Common Stock	07/05/2005	07/05/2005	M		1,000	A	\$ 8.3	18,105	D	
Common Stock	07/05/2005	07/05/2005	M		801	A	\$ 11.4375	18,906	D	
Common Stock	07/05/2005	07/05/2005	F ⁽¹⁾		454	D	\$ 38.41	18,452	D	

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Common Stock	6,476	I	401(k)
Common Stock	1,149	I	ESOP

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. 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 Securities (Instr. 3 and 4)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to buy)	\$ 8.3	07/05/2005	07/05/2005	M		1,000		11/11/2003	11/11/2012	Common Stock	1,000
Stock Options (Right to buy)	\$ 11.4375	07/05/2005	07/05/2005	M		801		02/07/2001	02/07/2010	Common Stock	801
Stock Options (Right to buy)	\$ 38.41	07/05/2005	07/05/2005	A ⁽²⁾		238		07/05/2006	02/07/2010	Common Stock	238
Stock Options (Right to buy)	\$ 38.41	07/05/2005	07/05/2005	A ⁽²⁾		216		07/05/2006	11/11/2012	Common Stock	216

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

Alton D.
Heckaman, Jr. 07/07/2005

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) Payment of exercise price by delivering or withholding 454 shares of common stock at \$38.41 per share, the closing price of issuer's common stock on 7-5-2005
- (2) Grant of reload option pursuant to plan.

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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