

SWIFT ENERGY CO  
Form 4  
July 11, 2005

**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 \*  
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  
 Officer (give title below) \_\_\_\_\_ Other (specify below)  
EVP/CFO

6. Individual or Joint/Group Filing(Check Applicable Line)  
 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 |   |        |     | 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 | (D) |   |   |  |   |
| 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 <sup>(1)</sup>    |   | 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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**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) |                            |
|--|--|--------------------------------------|--|--------------------------------|---|--|-----------------|---|----------------------------|
|  |  |                                      |  |                                |   | Date Exercisable   | Expiration Date | Title   | Amount or Number of Shares |
|  |  |                                      |  | Code                           | V (A) (D)   |  |                 |   |                            |
| 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 <sup>(2)</sup>               | 238   | 07/05/2006   | 02/07/2010      | Common Stock  | 238                        |
| Stock Options (Right to buy)               | \$ 38.41   | 07/05/2005                           | 07/05/2005   | A <sup>(2)</sup>               | 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                      Date  
Person

## 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. 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.