

SWIFT ENERGY CO
Form 4
November 13, 2006

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)
11/09/2006

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 (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 (D) Price			
Swift Energy Common Stock					27,385	D	
SFY Common Stock-401(k)					6,702	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding					1,190	I	ESOP Plan
Swift Energy Common Stock	11/09/2006	11/09/2006	M	2,728 A	\$ 28,664 30.22	D	

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Swift Energy Common Stock	11/09/2006	11/09/2006	M	7,455	A	\$ 13.84	36,119	D
Swift Energy Common Stock	11/09/2006	11/09/2006	F ⁽³⁾	3,734	D	\$ 49.7	32,385	D
Swift Energy Common Stock	11/09/2006	11/09/2006	S	5,000	D	\$ 50	27,385	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 (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 Security (Instr. 3 and 4)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount
SQ05 Plan Grant 11-9-06-2008	\$ 49.7	11/09/2006	11/09/2006	A ⁽¹⁾		1,658		11/09/2007	11/09/2008	Swift Energy Common Stock	1
SQ05 Plan Grant 11-9-06-2013	\$ 49.7	11/09/2006	11/09/2006	A ⁽²⁾		2,076		11/09/2006	11/04/2013	Swift Energy Common Stock	2
SQ90 Plan grt 1/28/2005 NQ	\$ 30.22	11/09/2006	11/09/2006	M		2,728		01/28/2006	01/28/2007	Swift Energy Common Stock	2
SQ01 Plan grt 11/4/2003 NQ	\$ 13.84	11/09/2006	11/09/2006	M		7,455		11/04/2004	11/04/2013	Swift Energy Common Stock	1

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 11/13/2006

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 delivering or withholding 3,734 shares of issuer's common stock at \$49.70 per share, the closing price of issuer's stock on 11/9/2006.

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.