

SWIFT ENERGY CO
Form 4
November 21, 2006

FORM 4

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

OMB APPROVAL

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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 *
MITCHELL JAMES P

(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)
11/20/2006

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)
Sr VP-CT&Land

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)
SFY Common Stock-401(k)				(A) or (D)	Price		
			Code	V	Amount		
SFY Common Stock-401(k)						I	401(k) Plan
SFY Common Stock-ESOP Holding						I	ESOP Plan
Swift Energy Common Stock	11/20/2006		M	1,800	A \$ 30.47	10,700	D
Swift Energy Common Stock	11/20/2006		M	1,600	A \$ 16.96	12,300	D

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Swift Energy Common Stock	11/20/2006		M	1,500	A	\$ 8.3	13,800	D
Swift Energy Common Stock	11/20/2006		M	4,000	A	\$ 13.84	17,800	D
Swift Energy Common Stock	11/20/2006		M	1,020	A	\$ 25.18	18,820	D
Swift Energy Common Stock	11/20/2006		S	9,110	D	\$ 50	9,710	D
Swift Energy Common Stock	11/20/2006		S	500	D	\$ 50.08	9,210	D
Swift Energy Common Stock	11/20/2006		S	210	D	\$ 50.1	9,000	D
Swift Energy Common Stock	11/20/2006		S	100	D	\$ 50.11	8,900	D

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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
SQ01 Plan grt 5/8/2001 ISO	\$ 30.47	11/20/2006		M	1,800	05/08/2002 05/08/2011	Swift Energy Common Stock	1,800	

