

SWIFT VIRGIL N
Form 4
December 06, 2010

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
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(Print or Type Responses)

1. Name and Address of Reporting Person *
SWIFT VIRGIL N

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

(Last) (First) (Middle)

16825 NORTHCHASE DRIVE,
SUITE 400

3. Date of Earliest Transaction
(Month/Day/Year)
12/02/2010

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

Director Emeritus

(Street)

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
Person

HOUSTON, TX 77060

(City) (State) (Zip)

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(A) Code (Instr. 8)	4. Securities Acquired 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 Ownership Indirect Beneficial Ownership (Instr. 4)	
			Code	V	Amount	(A) or (D)	Price	
SFY Cmmn Stk-Family Member					40,000	I		Held by Family Member
SFY Cmmn Stock-IRA Holdings					6,121	I		Held in IRA
Swift Energy Common Stock	12/02/2010		M		5,453	A	\$ 17.88	137,403 D
	12/02/2010		F		2,459	D		134,944 D

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Swift
Energy
Common
Stock

\$
39.65

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 Securities (Instr. 3 and 4)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option 12/2/10 - 12/2/12	\$ 39.65	12/02/2010		A		2,459		12/02/2011	12/02/2012	Swift Energy Common Stock	2,459
Stock Option 12/5/08 - 12/5/10	\$ 17.88	12/02/2010		M		5,453		12/05/2009	12/05/2010	Swift Energy Common Stock	5,453

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

SWIFT VIRGIL N
16825 NORTHCHASE DRIVE, SUITE 400
HOUSTON, TX 77060

Director Emeritus

Signatures

Laurent A. Baillargeon, POA for Virgil N.
Swift

12/06/2010

__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).

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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