

MITCHELL JAMES P  
Form 4  
February 10, 2010

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
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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 \*  
MITCHELL JAMES P

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  
  
(Street)

3. Date of Earliest Transaction  
(Month/Day/Year)  
02/06/2010

\_\_\_\_ Director  
\_\_\_\_ Officer (give title below)  
\_\_\_\_ 10% Owner  
\_\_\_\_ Other (specify below)  
Sr VP-CT&Land

HOUSTON, TX 77060

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

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

(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 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                                                                                         |                                                          |                                                       |
| SFY Common Stock-401(k)         |                                      |                                                    |                                |                                                                   |                                                                                               | I                                                        | 401(k) Plan                                           |
| SFY Common Stock-ESOP Holding   |                                      |                                                    |                                |                                                                   |                                                                                               | I                                                        | ESOP Plan                                             |
| Swift Energy Common Stock       | 02/06/2010                           |                                                    | F                              | 621                                                               | D \$ 24.53                                                                                    | 27,833                                                   | D                                                     |
| Swift Energy Common Stock       | 02/08/2010                           |                                                    | A                              | 7,900                                                             | A \$ 24.52                                                                                    | 35,733                                                   | D                                                     |

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Swift Energy  
Common Stock 02/08/2010 F 229 D \$ 24.52 35,504 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 Underlying Security (Instr. 3 and 4) |
|--------------------------------------------|--------------------------------------------------------|--------------------------------------|----------------------------------------------------|--------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------|
| Stock Option<br>2/8/2010-2/8/2020          | \$ 24.52                                               | 02/08/2010                           |                                                    | A                              | 11,300                                                                                  | 02/08/2011 <sup>(3)</sup> 02/08/2020                     | Swift Energy Common Stock                         |

## Reporting Owners

| Reporting Owner Name / Address                                             | Relationships |           |               |       |
|----------------------------------------------------------------------------|---------------|-----------|---------------|-------|
|                                                                            | Director      | 10% Owner | Officer       | Other |
| MITCHELL JAMES P<br>16825 NORTHCHASE DRIVE, SUITE 400<br>HOUSTON, TX 77060 |               |           | Sr VP-CT&Land |       |

## Signatures

James P. Mitchell 02/10/2010

\*\*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).
- (1) Based on statement dated 12/31/2009.

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(2) Based on statement dated as of 12/31/2008.

(3) The option vests in three equal installments beginning February 8, 2011.

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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