SWIFT VIRGIL N Form 4

November 05, 2004

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Form 5 obligations may continue. See Instruction

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

1(b).

(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				
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check all applicable)				
			(Month/Day/Year)	X Director 10% Owner				
16825 NORTHCHASE DRIVE, SUITE 400		DRIVE,	11/04/2004	Officer (give title Other (specify below)				
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check				
HOUSTON,	TX 77060		Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				

(City)	(State)	(Zip) Tab	le I - Non-l	Derivative	Secu	rities Acq	uired, Disposed	of, or Benefic	ially Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securi or(A) or Di (Instr. 3,	ispose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)	(======================================	
Common Stock	11/04/2004(1)	11/04/2004	S(2)	225	D	\$ 25.02	149,035	D	
Common Stock	11/04/2004	11/04/2004	S(2)	350	D	\$ 25	148,685	D	
Common Stock	11/04/2004	11/04/2004	S(3)	525	D	\$ 25.7	73,920	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	150	D	\$ 25.69	73,770	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	1,080	D	\$ 25.65	72,690	I	Family Partnership

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Common Stock	11/04/2004	11/04/2004	S(3)	120	D	\$ 25.64	72,570	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	450	D	\$ 25.62	72,120	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	225	D	\$ 25.61	71,895	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	450	D	\$ 25.6	71,445	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	450	D	\$ 25.59	70,995	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	525	D	\$ 25.58	70,470	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	300	D	\$ 25.57	70,170	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	300	D	\$ 25.55	69,870	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	450	D	\$ 25.53	69,420	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	150	D	\$ 25.51	69,270	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	1,478	D	\$ 25.5	67,792	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	225	D	\$ 25.46	67,567	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	97	D	\$ 25.38	67,470	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	300	D	\$ 25.37	67,170	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	150	D	\$ 25.35	67,020	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	300	D	\$ 25.3	66,720	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	225	D	\$ 25.29	66,495	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	75	D	\$ 25.27	66,420	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	300	D	\$ 25.25	66,120	I	Family Partnership
Common Stock	11/04/2004	11/04/2004	S(3)	75	D	\$ 25.14	66,045	I	Family Partnership
	11/04/2004	11/04/2004	S(3)	525	D		65,520	I	

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Common Stock	\$ 25.05		Family Partnership
Common Stock	8,955	I	by Family Member
Common Stock	6,121	I	held in IRA

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474

(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)	4. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Amou Under Secur	le and unt of rlying ities . 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address		Relationships					
	Director	10% Owner	Officer	Other			

Director 10% Owner Officer Other

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

Signatures

Karen Bryant POA for Virgil N. Swift 11/05/2004

**Signature of Reporting Person Date

Reporting Owners 3

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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) Due to various sales prices this report is the second of three filed to report the insider's transactions on November 4, 2004.
- (2) The sales reported on this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on July 11, 2004.
 - These shares were sold by VNS & CLS Partners Ltd., a Texas Limited Partnership, of which reporting person is the beneficial owner of
- (3) 92.5% (74,445 shares) and disclaims beneficial ownership of 7.5% (8,955 shares) held by persons outside of the reporting person's immediate family. The partnership's sales were effected pursuant to a Rule 10b5-1 trading plan adopted by the limited partnership on July 11, 2004.

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.