SWIFT ENERGY CO

Form 4

February 23, 2005

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

January 31, 2005

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Section 16. Form 4 or Form 5 obligations may continue.

See Instruction

Check this box

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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 *LOEN RAYMOND O			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)		(Middle)	3. Date of Earliest Transaction	(Check all applicable)		
			(Month/Day/Year)	Director 10% Owner		
16825 NORTHCHASE DRIVE, SUITE 400		DRIVE,	02/18/2005	Officer (give titleX Other (specify below)		
				Director Emeritus		
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line)		
HOUSTON, TX 77060				_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tab	le I - Non-	Derivative	Secui	rities Acquir	ed, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Transactiom Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)		5. Amount of Securities Beneficially Owned Following Reported	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
			Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)	(I) (Instr. 4)	
Common Stock	02/18/2005	02/18/2005	M	5,500	A	\$ 8.6364	45,217	D	
Common Stock	02/18/2005	02/18/2005	M	5,500	A	\$ 15	50,717	D	
Common Stock	02/18/2005	02/18/2005	M	5,500	A	\$ 23.6364	56,217	D	
Common Stock	02/18/2005	02/18/2005	M	5,000	A	\$ 18.875	61,217	D	
Common Stock	02/18/2005	02/18/2005	M	10,000	A	\$ 7	71,217	D	

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Common Stock	02/18/2005	02/18/2005	M	5,000	A	\$ 12.5	76,217	D	
Common Stock	02/18/2005	02/18/2005	F(1)	18,803	D	\$ 25.89	57,414	D	
Common Stock							2,809	I	IRA
Common Stock							63,437	I	By Family Member
Common Stock							3,055	I	Family Member 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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	orDerivati Securiti Acquire Dispose	Derivative Expiration Date Under		*		7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amour or Number of Shar	
Stock Options (Right to buy)	\$ 7	02/18/2005	02/18/2005	M		10,000	12/15/1998	12/15/2008	Common Stock	10,00	
Stock Options (Right to buy)	\$ 8.6364	02/18/2005	02/18/2005	M		5,500	05/10/1995	05/10/2005	Common Stock	5,50	
Stock Options (Right to buy)	\$ 12.5	02/18/2005	02/18/2005	M		5,000	05/11/1999	05/11/2009	Common Stock	5,00	
Stock Options (Right to	\$ 15	02/18/2005	02/18/2005	M		5,500	05/15/1996	05/15/2006	Common Stock	5,50	

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buy)										
Stock Options (Right to buy)	\$ 18.875	02/18/2005	02/18/2005	M		5,000	05/12/1998	05/12/2008	Common Stock	5,00
Stock Options (Right to buy)	\$ 23.6364	02/18/2005	02/18/2005	M		5,500	05/13/1997	05/13/2007	Common Stock	5,50
Stock Options (Right to buy)	\$ 25.89	02/18/2005	02/18/2005	A(2)	5,020		02/18/2006	02/18/2007	Common Stock	5,02
Stock Options (Right to buy)	\$ 25.89	02/18/2005	02/18/2005	A(2)	5,021		02/18/2006	05/13/2007	Common Stock	5,02
Stock Options (Right to buy)	\$ 25.89	02/18/2005	02/18/2005	A(2)	3,645		02/18/2006	05/12/2008	Common Stock	3,64
Stock Options (Right to buy)	\$ 25.89	02/18/2005	02/18/2005	A(2)	2,703		02/18/2006	12/15/2008	Common Stock	2,70
Stock Options (Right to buy)	\$ 25.89	02/18/2005	02/18/2005	A(2)	2,414		02/18/2006	05/11/2009	Common Stock	2,41

Reporting Owners

Reporting Owner Name / Address		Relationships			
. 6	Director	10% Owner	Officer	Other	
LOEN RAYMOND O					

16825 NORTHCHASE DRIVE, SUITE 400

HOUSTON, TX 77060

Signatures

Karen Bryant poa for Raymond O.

Loen 02/23/2005

**Signature of Reporting Person Date

Reporting Owners 3

Director Emeritus

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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) Payment of exercise price by delivering or withholding 18,803 shares of common stock at \$25.89 per share, the closing price of issuer's common stock on 2-18-05.
- (2) Grant of reload option pursuant to plan.

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.