VINCENT BRUCE H

Form 4

February 11, 2011

FORM 4

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

OMB Number: 3235-0287

Estimated average

burden hours per

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005

0.5

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

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

response...

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * VINCENT BRUCE H			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)			
16825 NORTHCHASE DRIVE, SUITE 400		RIVE,	(Month/Day/Year) 02/09/2011	Director 10% Owner Officer (give title below)			
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
HOUSTON, T	X 77060		Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			

,			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. Transactic Code (Instr. 8)	or		osed of (D)	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)			Code v	Amount	(D)	Titee	11,591 <u>(1)</u>	I	401(k) Plan	
	SFY Cmmn Stock-ESOP Holding							567 <u>(2)</u>	I	ESOP Plan	
	Swift Energy Common Stock	02/09/2011		A	33,000	A	\$ 42.61	192,588	D		
	Swift Energy Common	02/10/2011		F	3,210	D	\$ 42.81	189,378	D		

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Stock

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 or 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	Amoun or Number of Share
Stock Option 2/9/2011 - 2/9/2021	\$ 42.61	02/09/2011		A	47,500	02/09/2012(3)	02/09/2021	Swift Energy Common Stock	47,50

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

VINCENT BRUCE H 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060

President and Sec'y

Signatures

Bruce H. 02/11/2011 Vincent

**Signature of Date
Reporting Person

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 1/30/2011.
- (2) Based on statement dated 12/31/2009.

Reporting Owners 2

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(3) The option vests in three equal annual installments beginning on February 9, 2012.

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.