#### VINCENT BRUCE H

Form 4

October 08, 2004

## FORM 4

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

OMB Number: 3235-0287

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
Estimated average

0.5

**OMB APPROVAL** 

Form 4 or 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

response...

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * VINCENT BRUCE H			2. Issuer Name <b>and</b> Ticker or Trading Symbol SWIFT ENERGY CO [SFY]	5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check all applicable)		
16825 NORTHCHASE DRIVE, SUITE 400		RIVE,	(Month/Day/Year) 10/06/2004	Director 10% Owner _X Officer (give title Other (specify below)  EVP/SEC		
	(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		

(City)	(State)	(Zip) Table	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed o	f, or Beneficial	ly 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. Securion(A) or D (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)
Common Stock	10/06/2004	10/06/2004	Code V M	Amount 6,171	(D)	Price \$ 13.52	(Instr. 3 and 4) 51,675	D	
Common Stock	10/06/2004	10/06/2004	F(1)	3,274	D	\$ 25.48	48,401	D	
Common Stock	10/07/2004	10/07/2004	S(2)	500	D	\$ 25.4	47,901	D	
Common Stock	10/07/2004	10/07/2004	S(2)	500	D	\$ 25.55	47,401	D	
Common Stock	10/07/2004	10/07/2004	S(2)	500	D	\$ 24.91	46,901	D	

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Common Stock	10/07/2004	10/07/2004	S(2)	697	D	\$ 24.7	46,204	D	
Common Stock	10/07/2004	10/07/2004	S(2)	100	D	\$ 24.72	46,104	D	
Common Stock	10/07/2004	10/07/2004	S(2)	400	D	\$ 24.79	45,704	D	
Common Stock	10/07/2004	10/07/2004	S(2)	200	D	\$ 24.78	45,504	D	
Common Stock							8,699	I	401(k)
Common Stock							1,086	I	ESOP

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

Persons who respond to the collection of SEC 1474 information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

(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. Transactic Code (Instr. 8)	5. Numb torDerivation Securities Acquired Disposed (Instr. 3, 5)	es ed (A) or ed of (D)	)		7. Title and Amount o Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to buy)	\$ 13.52	10/06/2004	10/06/2004	M		6,171	09/12/2004	09/12/2005	Common Stock	6,171
Stock Options (Right to	\$ 25.48	10/06/2004	10/06/2004	A	3,274 (3)		10/06/2005	10/06/2006	Common Stock	3,274

# **Reporting Owners**

buy)

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

Reporting Owners 2 VINCENT BRUCE H 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060

EVP/SEC

### **Signatures**

Bruce H. 10/08/2004 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) Payment of exercise price by delivering or withholding 3,274 shares of common stock at \$25.48 per share, the closing price of issuer's common stock on October 6, 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 April 14, 2004.
- (3) 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.

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