

HECKAMAN ALTON D JR
 Form 4
 November 23, 2005

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 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 *
 HECKAMAN ALTON D JR

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 DR. #400

3. Date of Earliest Transaction (Month/Day/Year)
 11/22/2005

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 EVP & CFO

(Street)
 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 Ownership (Instr. 4)
				(A) or (D) Code V Amount Price			
Common Stock	11/22/2005	11/22/2005	M	2,075 A \$ 23.85	20,217	D	
Common Stock	11/22/2005	11/22/2005	M	345 A \$ 23.85	20,562	D	
Common Stock	11/22/2005	11/22/2005	M	2,580 A \$ 23.19	23,142	D	
Common Stock	11/22/2005	11/22/2005	F ⁽¹⁾	2,481 D \$ 47.35	20,661	D	
Common Stock	11/22/2005	11/22/2005	S	2,500 D \$ 47.5	18,161	D	

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Common Stock	11/22/2005	11/22/2005	S	2,500	D	\$ 47	15,661	D	
Common Stock							6,476	I	401(K)
Common Stock							1,149	I	ESOP

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		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares
					Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Date Exercisable	Expiration Date		
Common Stock	\$ 23.85	11/22/2005	11/22/2005	M		2,075	09/28/2005	12/26/2006	Common Stock	2,075
Common Stock	\$ 23.85	11/22/2005	11/22/2005	M		345	09/28/2005	11/03/2007	Common Stock	345
Common Stock	\$ 23.19	11/22/2005	11/22/2005	M		2,580	09/09/2005	12/07/2008	Common Stock	2,580
Common Stock	\$ 47.35	11/22/2005	11/22/2005	A ⁽²⁾		1,263	11/22/2006	12/07/2008	Common Stock	1,263
Common Stock	\$ 47.35	11/22/2005	11/22/2005	A ⁽²⁾		1,218	11/22/2006	11/22/2007	Common Stock	1,218

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HECKAMAN ALTON D JR 16825 NORTHCHASE DR. #400 HOUSTON, TX 77060			EVP & CFO	

Signatures

Alton H.
Heckaman, Jr.

11/23/2005

 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) Payment of exercise price by delivering or withholding 2481 shares of common stock at \$47.35 per share, the closing price of issuer's common stock on 11/22/05.
 - (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.