

VINCENT BRUCE H
Form 4
December 05, 2005

FORM 4

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

OMB APPROVAL

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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 *
VINCENT BRUCE H

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

(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
12/01/2005

Director 10% Owner
 Officer (give title below) Other (specify below)
President

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	12/01/2005	12/01/2005	M		2,670 A \$ 27.8	59,341	D
Common Stock	12/01/2005	12/01/2005	M		8,398 A \$ 16.96	67,739	D
Common Stock	12/01/2005	12/01/2005	M		12,000 A \$ 13.84	79,739	D
Common Stock	12/01/2005	12/01/2005	F(1)		8,027 D \$ 47.67	71,712	D
Common Stock	12/01/2005	12/01/2005	S		800 D \$ 47.78	70,912	D

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Common Stock	12/01/2005	12/01/2005	S	7,500	D	\$ 47.75	63,412	D	
Common Stock	12/01/2005	12/01/2005	S	400	D	\$ 47.84	63,012	D	
Common Stock	12/02/2005	12/02/2005	S	600	D	\$ 48.16	62,412	D	
Common Stock	12/02/2005	12/02/2005	S	5,741	D	\$ 48.02	56,671	D	
Common Stock							9,066	I	401(K)
Common Stock							1,159	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 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 Security (Instr. 3 and 4)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Common Stock	\$ 13.84	12/01/2005	12/01/2005	M		12,000		11/04/2004	11/04/2013	Common Stock	12,000
Common Stock	\$ 16.96	12/01/2005	12/01/2005	M		8,398		02/04/2003	02/04/2012	Common Stock	8,398
Common Stock	\$ 27.8	12/01/2005	12/01/2005	M		2,670		11/22/2005	12/26/2006	Common Stock	2,670
Common Stock	\$ 47.67	12/01/2005	12/01/2005	A ⁽²⁾		1,557		12/01/2006	12/01/2007	Common Stock	1,557
Common Stock	\$ 47.67	12/01/2005	12/01/2005	A ⁽²⁾		2,987		12/01/2006	02/04/2012	Common Stock	2,987
Common Stock	\$ 47.67	12/01/2005	12/01/2005	A ⁽²⁾		3,483		12/01/2006	11/04/2013	Common Stock	3,483

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
VINCENT BRUCE H 16825 NORTHCHASE DR. #400 HOUSTON, TX 77060	X		President	

Signatures

Bruce H.
Vincent

12/05/2005

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 8,027 shares of common stock at \$47.67 per share, the closing price of issuer's common stock on 12/01/2005.
- (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.