

SWIFT TERRY E
Form 4
February 18, 2011

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 *
SWIFT TERRY E

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 DRIVE,
SUITE 400

3. Date of Earliest Transaction
(Month/Day/Year)
02/16/2011

____ Director
____ Officer (give title below)
____ 10% Owner
____ Other (specify below)
COB & CEO

(Street)

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

HOUSTON, TX 77060

(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)
				(A) or (D) Code V Amount (D) Price			
SFY Common Stock-401(k)					8,826 ⁽¹⁾	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding					1,482 ⁽²⁾	I	ESOP Plan
Swift Energy Common Stock					8,085	I	TES GST Exempt Trust ⁽³⁾
Swift Energy Common Stock	02/16/2011		A	647 A	\$ 273,094 46.36	D	

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Swift Energy Common Stock	02/16/2011	A	8,330	A	\$ 43.36	281,424	D
Swift Energy Common Stock	02/16/2011	F	489	D	\$ 46.36	280,935	D
Swift Energy Common Stock	02/16/2011	F	7,812	D	\$ 46.36	273,123	D

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)	
						Date Exercisable	Expiration Date	Title	Am or Nur of Sha
				Code	V (A) (D)				
Stock Option 2/16/2011 - 2/16/2013	\$ 46.36	02/16/2011		A	8,301	02/16/2012	02/16/2013	Swift Energy Common Stock	8,
SQ01 Plan grt 2/20/2001 ISO	\$ 35.04	02/16/2011		M	647	02/20/2002	02/20/2011	Swift Energy Common Stock	6
SQ01 Plan grt 11/15/2005; exp 02/20/2011	\$ 43.48	02/16/2011		M	8,330	11/15/2006	02/20/2011	Swift Energy Common Stock	8,

Reporting Owners

Reporting Owner Name / Address

Relationships

Reporting Owners

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Director 10% Owner Officer Other

SWIFT TERRY E
16825 NORTHCHASE DRIVE, SUITE 400
HOUSTON, TX 77060

COB
& CEO

Signatures

Alton D. Heckaman, Jr., POA for Terry E.
Swift

02/18/2011

__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) Based on statement dated 1/30/2011.
- (2) Based on statement dated 12/31/2009.
- (3) Shares owned by the Terry Earl Swift GST Exempt Trust.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.
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