

SWIFT TERRY E

Form 4

March 23, 2011

FORM 4
UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

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

OMB APPROVAL

OMB
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(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

(Last) (First) (Middle)
16825 NORTHCHASE DRIVE,
SUITE 400

3. Date of Earliest Transaction
(Month/Day/Year)
03/21/2011

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

(Street)

4. If Amendment, Date Original
Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check
Applicable Line)
X 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)
			Code	V	Amount	(A) or (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	03/21/2011		M	1	A	\$	273,124 30.47

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Stock

Swift Energy Common Stock	03/21/2011	M	4,002	A	\$ 16.96	277,126	D
Swift Energy Common Stock	03/21/2011	M	16,000	A	\$ 13.84	293,126	D
Swift Energy Common Stock	03/21/2011	M	15,600	A	\$ 25.18	308,726	D
Swift Energy Common Stock	03/21/2011	M	3,821	A	\$ 28.97	312,547	D
Swift Energy Common Stock	03/21/2011	M	55,798	A	\$ 14.66	368,345	D
Swift Energy Common Stock	03/21/2011	M	21,666	A	\$ 24.52	390,011	D
Swift Energy Common Stock	03/21/2011	F	51,207	D	\$ 41.83	338,804	D

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

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SEC 1474
(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 Underlying Security (Instr. 3)		
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title
Stock Option 3/21/2011 - 3/21/2013	\$ 41.83	03/21/2011		A		1,623		03/21/2012	03/21/2013	Sw Ener Comm Sto
	\$ 41.83	03/21/2011		A		7,939		03/21/2012	11/04/2013	

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Stock Option 3/21/2011 - 11/4/2013								Sw Ener Comm Sto
Stock Option 3/21/2011 - 11/8/2014	\$ 41.83	03/21/2011	A	9,390	03/21/2012	11/08/2014		Sw Ener Comm Sto
Stock Option 3/21/2011 - 2/10/2019	\$ 41.83	03/21/2011	A	19,555	03/21/2012	02/10/2019		Sw Ener Comm Sto
Stock Option 3/21/2011 - 2/8/2020	\$ 41.83	03/21/2011	A	12,700	03/21/2012	02/08/2020		Sw Ener Comm Sto
SQ01 Plan grt 5/8/2001 NQ	\$ 30.47	03/21/2011	M	1	05/08/2002	05/08/2011		Sw Ener Comm Sto
SQ01 Plan grt 2/4/2002	\$ 16.96	03/21/2011	M	4,002	02/04/2003	02/04/2012		Sw Ener Comm Sto
SQ01 Plan grt 11/4/2003	\$ 13.84	03/21/2011	M	16,000	11/04/2004	11/04/2013		Sw Ener Comm Sto
SQ01 Plan grt 11/8/2004 NQ	\$ 25.18	03/21/2011	M	15,600	11/08/2005	11/08/2014		Sw Ener Comm Sto
SQ01 plan grt 4/4/2005 NQ exp 11/4/13	\$ 28.97	03/21/2011	M	3,821	04/04/2006	11/04/2013		Sw Ener Comm Sto
Stock Option 2/10/2009 - 2/10/2019	\$ 14.66	03/21/2011	M	55,798	02/10/2010	02/10/2019		Sw Ener Comm Sto
Stock Option 2/8/2010-2/8/2020	\$ 24.52	03/21/2011	M	21,666	02/08/2010	02/08/2020		Sw Ener Comm Sto

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SWIFT TERRY E 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060			COB & CEO	

Signatures

Terry E. Swift 03/23/2011

 **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.
- (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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