

MONTGOMERY HENRY C

Form 4

November 16, 2005

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 *
MONTGOMERY HENRY C

(Last) (First) (Middle)

16825 NORTHCHASE DRIVE,
SUITE 400

(Street)

HOUSTON, TX 77060

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading
Symbol
SWIFT ENERGY CO [SFY]

3. Date of Earliest Transaction
(Month/Day/Year)
11/14/2005

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

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

6. Individual or Joint/Group Filing(Check
Applicable Line)
X Form filed by One Reporting Person
____ Form filed by More than One Reporting
Person

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)
SFY Cmmn Stock-IRA Holdings				(A) or (D)	792	I	IRA
SFY Cmmn Stock-By Other Holdings				(A) or (D)	2,123	I	Held in Keogh
Swift Energy Common Stock	11/14/2005		M	4,000 A \$ 12.5	7,210	D	

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Swift Energy Common Stock	11/14/2005	M	3,000	A	\$ 18.875	10,210	D
Swift Energy Common Stock	11/14/2005	M	2,200	A	\$ 23.6364	12,410	D
Swift Energy Common Stock	11/14/2005	S	200	D	\$ 43.48	12,210	D
Swift Energy Common Stock	11/14/2005	S	4,500	D	\$ 43.25	7,710	D
Swift Energy Common Stock	11/14/2005	S	4,500	D	\$ 43.304	3,210	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 Securities (Instr. 3 and 4)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
NQ90 Plan grt 5/11/1999 NQ	\$ 12.5	11/14/2005		M		4,000		05/11/2000	05/11/2009	Swift Energy Common Stock	4,000
	\$ 18.875	11/14/2005		M		3,000		05/12/1999	05/12/2008		3,000

NQ90										Swift	
Plan grt										Energy	
5/12/1998										Common	
NQ										Stock	
NQ90										Swift	
Plan grt	\$ 23.6364	11/14/2005		M	2,200	05/13/1998	05/13/2007			Energy	2,200
5/13/1997										Common	
NQ										Stock	

Reporting Owners

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

MONTGOMERY HENRY C
16825 NORTHCHASE DRIVE, SUITE 400
HOUSTON, TX 77060

Signatures

Karen Bryant POA for Henry C. Montgomery	11/16/2005
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__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).

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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