

SWIFT ENERGY CO
Form 4
May 14, 2008

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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 *
MITCHELL JAMES P

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

(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
05/12/2008

____ Director _____ 10% Owner
____ Officer (give title below) _____ Other (specify below)
Sr VP-CT&Land

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)
SFY Common Stock-401(k)				(A) or (D)	Price		
SFY Common Stock-401(k)						I	401(k) Plan
SFY Common Stock-ESOP Holding						I	ESOP Plan
Swift Energy Common Stock	05/12/2008		M	1,500	A \$ 8.3	19,940	D
Swift Energy Common Stock	05/12/2008		M	1,600	A \$ 16.96	21,540	D

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Swift Energy Common Stock	05/12/2008	M	4,000	A	\$ 13.84	25,540	D
Swift Energy Common Stock	05/12/2008	M	1,020	A	\$ 25.18	26,560	D
Swift Energy Common Stock	05/12/2008	S	8,120	D	\$ 54.9	18,440	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 and Amount of Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
SQ01 Plan grt 11/11/2002	\$ 8.3	05/12/2008		M	1,500	11/11/2003 11/11/2012	Swift Energy Common Stock 1,500
SQ01 Plan grt 2/4/2002	\$ 16.96	05/12/2008		M	1,600	02/04/2003 02/04/2012	Swift Energy Common Stock 1,600
SQ01 Plan grt 11/4/2003	\$ 13.84	05/12/2008		M	4,000	11/04/2004 11/04/2013	Swift Energy Common Stock 4,000
SQ01 Plan grt 11/8/2004 NQ	\$ 25.18	05/12/2008		M	1,020	11/08/2005 11/08/2014	Swift Energy Common Stock 1,020

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MITCHELL JAMES P 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060			Sr VP-CT&Land	

Signatures

Alton D. Heckaman, Jr., POA for James P.
Mitchell

05/13/2008

__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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