VINCENT BRUCE H

Form 4

February 10, 2010

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

OMB 3235-0287 Number:

OMB APPROVAL

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

January 31, Expires: 2005

Form 4 or Form 5 obligations may continue.

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

2. Issuer Name and Ticker or Trading

burden hours per response... 0.5

Estimated average

5. Relationship of Reporting Person(s) to

Issuer

See Instruction

30(h) of the Investment Company Act of 1940

Symbol

1(b).

(Print or Type Responses)

VINCENT BRUCE H

1. Name and Address of Reporting Person *

			SWIFT EN	SWIFT ENERGY CO [SFY]				(Check all applicable)			
(Last) 16825 NORTI SUITE 400	(First) HCHASE D	(Middle) ORIVE,	3. Date of Ea (Month/Day/ 02/08/2010	Year)	nsaction		bel	Director Officer (give tit	10%	Owner r (specify	
HOUSTON, T	(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)				i. Individual or Joint/Group Filing(Check Applicable Line) X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Table I	- Non-De	rivative Sec	curitie	s Acquir	ed, Disposed of, o	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction (Month/Day	/Year) Example ar	xecution Date, if	3. Transact Code (Instr. 8)		sposed	of (D)	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)								11,201 (1)	I	401(k) Plan	
SFY Cmmn Stock-ESOP Holding								677 <u>(2)</u>	I	ESOP Plan	
Swift Energy Common Stock	02/08/201	0		A	28,500	A	\$ 24.52	165,346	D		

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

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SEC 1474

02/08/2011(3) 02/08/2020

(9-02)

Swift

Energy

Commo

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)	4. Transact Code (Instr. 8)	5. Number of ionDerivative Securities Acquired (A) or Disposed or (D) (Instr. 3, 4, and 5)	6. Date Exercisal Expiration Date (Month/Day/Year		7. Title ar Underlyir (Instr. 3 a
			Code V	7 (A) (D	Date Exercisable	Expiration Date	Title

Reporting Owners

Reporting Owner Name / Address Relationships

02/08/2010

Director 10% Owner Officer Other

A

VINCENT BRUCE H 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060

\$ 24.52

President and Sec'y

41,000

Signatures

Stock Option

2/8/2010-2/8/2020

Bruce H. 02/10/2010 Vincent

**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 12/31/2009.
- (2) Based on statement dated as of 12/31/2008.
- (3) The option vests in three equal installments beginning on February 8, 2011.

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.

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