

SWIFT ENERGY CO
Form 4
September 21, 2006

FORM 4

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

OMB APPROVAL

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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 *
MORAN VICTOR

(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)
09/19/2006

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)
SVP & CCO

6. Individual or Joint/Group Filing(Check Applicable Line)
 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)
				(A) or (D) Code V Amount (D) Price			
SFY Common Stock-401(k)					7,197	I	401K
SFY Cmmn Stock-ESOP Holding					1,186	I	ESOP Plan
Swift Energy Common Stock	09/19/2006	09/19/2006	M	8,000 A \$ 16.96	17,300	D	
Swift Energy Common Stock	09/19/2006	09/19/2006	M	3,000 A \$ 13.84	20,300	D	

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Swift Energy Common Stock	09/19/2006	09/19/2006	M	1,080	A	\$ 25.18	21,380	D
Swift Energy Common Stock	09/19/2006	09/19/2006	S	1,000	D	\$ 41.26	20,380	D
Swift Energy Common Stock	09/19/2006	09/19/2006	S	1,080	D	\$ 41.29	19,300	D
Swift Energy Common Stock	09/19/2006	09/19/2006	S	1,000	D	\$ 41.32	18,300	D
Swift Energy Common Stock	09/19/2006	09/19/2006	S	2,000	D	\$ 41.35	16,300	D
Swift Energy Common Stock	09/19/2006	09/19/2006	S	1,000	D	\$ 41.57	15,300	D
Swift Energy Common Stock	09/19/2006	09/19/2006	S	1,000	D	\$ 41.7	14,300	D
Swift Energy Common Stock	09/19/2006	09/19/2006	S	1,000	D	\$ 41.74	13,300	D
Swift Energy Common Stock	09/19/2006	09/19/2006	S	1,000	D	\$ 41.79	12,300	D
Swift Energy Common Stock	09/19/2006	09/19/2006	S	1,000	D	\$ 42.06	11,300	D
Swift Energy Common Stock	09/19/2006	09/19/2006	S	1,000	D	\$ 42.13	10,300	D
Swift Energy Common Stock	09/19/2006	09/19/2006	S	1,000	D	\$ 42.28	9,300	D

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

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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 2/4/2002	\$ 16.96	09/19/2006	09/19/2006	M	8,000	02/04/2003	02/04/2012	Swift Energy Common Stock	10,000
SQ01 Plan grt 11/4/2003 ISO	\$ 13.84	09/19/2006	09/19/2006	M	3,000	11/04/2004	11/04/2013	Swift Energy Common Stock	20,000
SQ01 Plan grt 11/8/2004 NQ	\$ 25.18	09/19/2006	09/19/2006	M	1,080	11/08/2005	11/08/2014	Swift Energy Common Stock	5,400

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MORAN VICTOR 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060			SVP & CCO	

Signatures

Victor R. Moran 09/21/2006
 **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).

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.