

SWIFT ENERGY CO  
Form 4  
May 14, 2008

**FORM 4**

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

OMB APPROVAL

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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

(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)  
05/12/2008

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)  
Sr VP-CT&Land

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) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|---|
| SFY Common Stock-401(k)         |                                      |  |                                | (A) or (D)  | Price   |  |   |
|                                 |                                      |  | Code                           | V   | Amount  |  |   |
| SFY Cmmn Stock-ESOP Holding     |                                      |  |                                |   |   |  | 401(k) Plan   |
|                                 |                                      |  |                                |   |   |  | 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<br>Common<br>Stock | 05/12/2008 | M | 4,000 | A | \$<br>13.84 | 25,540 | D |
| Swift Energy<br>Common<br>Stock | 05/12/2008 | M | 1,020 | A | \$<br>25.18 | 26,560 | D |
| Swift Energy<br>Common<br>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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(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<br>16825 NORTHCHASE DRIVE, SUITE 400<br>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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