

VINCENT BRUCE H
Form 4
December 08, 2005

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 *
VINCENT BRUCE H

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 DR. #400

3. Date of Earliest Transaction (Month/Day/Year)
12/06/2005

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

(Street)
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)
			Code	V	Amount	(A) or (D)	Price
Common Stock	12/06/2005	12/06/2005	M		3,274	A	\$ 25.48
Common Stock	12/06/2005	12/06/2005	M		12,000	A	\$ 30.47
Common Stock	12/06/2005	12/06/2005	F ⁽¹⁾		9,277	D	\$ 48.4
Common Stock	12/06/2005	12/06/2005	S		1,000	D	\$ 48.55
Common Stock	12/06/2005	12/06/2005	S		4,000	D	\$ 48.5

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Common Stock	12/08/2005	12/08/2005	S	997	D	\$ 49	56,671	D	
Common Stock							9,066	I	401(K)
Common Stock							1,159	I	ESOP

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

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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		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Security (Instr. 3 and 4)	Amount or Number of Shares
					Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Date Exercisable	Expiration Date		
Common Stock	\$ 25.48	12/06/2005	12/06/2005	M		3,274	10/06/2005	10/06/2006	Common Stock	3,274
Common Stock	\$ 30.47	12/06/2005	12/06/2005	M		12,000	05/08/2002	05/08/2011	Common Stock	12,000
Common Stock	\$ 48.4	12/06/2005	12/06/2005	A ⁽²⁾		7,554	12/06/2006	12/06/2008	Common Stock	7,554
Common Stock	\$ 48.4	12/06/2005	12/06/2005	A ⁽²⁾		1,723	12/06/2006	12/06/2008	Common Stock	1,723

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
VINCENT BRUCE H 16825 NORTHCHASE DR. #400 HOUSTON, TX 77060	X		President	

Signatures

Bruce H. Vincent
12/08/2005

__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).
- (1) Payment of exercise price by delivering or withholding 9,277 shares of common stock at \$48.40 per share, the closing price of issuer's common stock on 12/06/2005.
- (2) Grant of reload option pursuant to plan.

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.