

SWIFT ENERGY CO
Form 4
November 15, 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 *
HECKAMAN ALTON D JR

(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)
07/24/2006

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)
EVP & CFO

6. Individual or Joint/Group Filing(Check Applicable Line)
X 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)	6,702	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding				(A)	1,190	I	ESOP Plan
Swift Energy Common Stock	07/24/2006	07/24/2006	G	V 250 D \$ 0	27,135	D	
Swift Energy Common Stock	11/13/2006	11/13/2006	M	406 A \$	27,541 30.47	D	

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Stock

Swift Energy Common Stock	11/13/2006	11/13/2006	M	2,500	A	\$ 35.04	30,041	D
Swift Energy Common Stock	11/13/2006	11/13/2006	F ⁽³⁾	2,022	D	\$ 49.41	28,019	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)

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 Security (Instr. 3 and 4)	
				Code	V (A) (D)	Date Exercisable Expiration Date	Title	Amount or Number of Shares
SQ05 Grt 11/13/2006 exp 05/8/2011	\$ 49.41	11/13/2006	11/13/2006	A ⁽¹⁾	250	11/13/2007 05/08/2011	Swift Energy Common Stock	250
SQ05 Grt 11/13/2006 exp 02/20/2011	\$ 49.41	11/13/2006	11/13/2006	A ⁽²⁾	1,772	11/13/2007 02/20/2011	Swift Energy Common Stock	1,772
SQ01 Plan grt 5/8/2001 NQ	\$ 30.47	11/13/2006	11/13/2006	M	406	05/08/2002 05/08/2011	Swift Energy Common Stock	406
SQ01 Plan grt 2/20/2001 ISO	\$ 35.04	11/13/2006	11/13/2006	M	2,500	02/20/2002 02/20/2011	Swift Energy Common Stock	2,500

