

SWIFT ENERGY CO
Form 4
October 01, 2007

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)
09/27/2007

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)
 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	09/27/2007		M	2,373	A	\$ 28.44	34,682	D
Swift Energy Common Stock	09/27/2007		M	23	A	\$ 31.79	34,705	D

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Swift Energy Common Stock	09/27/2007	F ⁽²⁾	1,642	D	\$ 41.08	33,063	D
Swift Energy Common Stock	09/27/2007	F ⁽³⁾	17	D	\$ 41.08	33,046	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)	Amount or Number of Shares
				Code V	(A) (D)	Date Exercisable Expiration Date	Title	
Stock Option 09/27/07 - 09/27/09	\$ 41.08	09/27/2007		A ⁽¹⁾	1,659	09/27/2008 09/27/2009	Swift Energy Common Stock	1,659
SQ90 Plan grt 3/31/2005 NQ	\$ 28.44	09/27/2007		M	2,373	03/31/2006 11/03/2007	Swift Energy Common Stock	2,373
SQ90 plan grt 5/19/2005 NQ 2 yr exp	\$ 31.79	09/27/2007		M	23	05/19/2006 11/03/2007	Swift Energy Common Stock	23

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HECKAMAN ALTON D JR 16825 NORTHCHASE DRIVE, SUITE 400			EVP & CFO	

HOUSTON, TX 77060

Signatures

Alton D.
Heckaman, Jr. 10/01/2007

 Signature of Reporting Date
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) Grant of reload option pursuant to plan.
- (2) Payment of exercise price by delivery of 1,642 shares of issuer's common stock at \$41.08 per share, the closing price of issuer's stock on 09/27/2007.
- (3) Payment of exercise price by delivery of 17 shares of issuer's common stock at \$41.08 per share, the closing price of issuer's stock on 09/27/2007.

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.