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SWIFT ENERG	GY CO											
Form 4												
February 13, 20												
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION									OMB APPROVAL			
	Washington, D.C. 20549							WIWII55ION	OMB Number:	3235-0287		
if no longer	Check this box if no longer subject to Section 16. Form 4 or							Expires:	January 31, 2005			
Section 16.							LKSHIP OF	Estimated ar burden hour response				
Form 5 Form 5 obligations may continue. See Instruction 1(b). 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 Resp	ponses)											
1. Name and Address of Reporting Person <u>*</u> MITCHELL JAMES P								5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (Mid	dle)	3. Date of Earliest Transaction					(Check all applicable)				
16825 NORTHCHASE DRIVE, SUITE 400			(Month/Day/Year) 02/11/2008				— be	Director 10% Owner Officer (give title Other (specify below) Sr VP-CT&Land				
(Street)			4. If Amendment, Date Original 6				. Individual or Joint/Group Filing(Check					
	Filed(Month/Day/Y						A	pplicable Line) X_ Form filed by One Reporting Person				
HOUSTON, T	X 77060						_	_ Form filed by Mo				
(City)	(State) (Zi	-		- Non-Deri	ivative Se	curitie	es Acquir	red, Disposed of,	or Beneficiall	y Owned		
1.Title of Security (Instr. 3)	any		Deemed ution Date, if hth/Day/Year)	Code (Instr. 8)	4. Securities Acc or(A) or Disposed (Instr. 3, 4 and 5 (A) or Amount (D)		d of (D)	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)				Code	7 thount		Thee	1,845	I	401(k) Plan		
SFY Cmmn Stock-ESOP Holding								1,249	Ι	ESOP Plan		
Swift Energy Common Stock	02/11/2008			А	5,800	A	\$ 43.21	18,440	D			

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

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required to respond unless the form displays a currently valid OMB control number.

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. 5. Number Transaction Derivative Code Securities (Instr. 8) 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
Stock Option 2/11/2008 - 2/11/2018	\$ 43.21	02/11/2008		А	8,300	<u>(1)</u>	02/11/2018	Swift Energy Common Stock	8,300

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
MITCHELL JAMES P 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060			Sr VP-CT&Land			
Signatures						

S

James P. Mitchell

02/13/2008

**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).

(1) The option vests in five equal installments beginning on February 11, 2009.

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.