

SWIFT ENERGY CO
Form 3
March 22, 2017

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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 * | | | 2. Date of Event Requiring Statement | 3. Issuer Name and Ticker or Trading Symbol | |
| Â ABUNDIS CHRISTOPHER M | | | (Month/Day/Year) 03/20/2017 | SWIFT ENERGY CO [SWTF] | |
| (Last) | (First) | (Middle) | 4. Relationship of Reporting Person(s) to Issuer | | |
| 575 N DAIRY ASHFORD, STE 1200 | | | (Check all applicable) | | |
| (Street) | | | <input type="checkbox"/> Director | <input type="checkbox"/> 10% Owner | 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person ___ Form filed by More than One Reporting Person |
| HOUSTON,Â TXÂ 77079 | | | <input type="checkbox"/> Officer | <input type="checkbox"/> Other | |
| (City) | (State) | (Zip) | (give title below) (specify below) SR VP, GC & SECY | | |

Table I - Non-Derivative Securities Beneficially Owned

| 1. Title of Security (Instr. 4) | 2. Amount of Securities Beneficially Owned (Instr. 4) | 3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5) | 4. Nature of Indirect Beneficial Ownership (Instr. 5) |
|------------------------------------|--|---|--|
| COMMON STOCK | 16,801 ⁽¹⁾ | D | Â |

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

SEC 1473 (7-02)

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.

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of Derivative Security (Instr. 4) | 2. Date Exercisable and Expiration Date (Month/Day/Year) | 3. Title and Amount of Securities Underlying Derivative Security (Instr. 4) | 4. Conversion or Exercise Price of Derivative | 5. Ownership Form of Derivative Security: | 6. Nature of Indirect Beneficial Ownership (Instr. 5) |
|---|---|--|---|---|--|
|---|---|--|---|---|--|

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| | Date Exercisable | Expiration Date | Title | Amount or Number of Shares | Security | Direct (D) or Indirect (I) (Instr. 5) | |
|---------------------------|---------------------------|-----------------|-----------------------------------|----------------------------|----------|---------------------------------------|---|
| Option (right to buy) | 06/08/2017 ⁽²⁾ | 06/08/2021 | Swift Energy Company Common Stock | 13,228 | \$ 23.25 | D | Â |
| Warrants for Common Stock | 04/22/2016 | 04/22/2019 | Common Stock | 1,972 | \$ 80 | D | Â |
| Warrants for Common Stock | 04/22/2016 | 04/22/2020 | Common Stock | 1,972 | \$ 86.18 | D | Â |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | |
|---|---------------|-----------|--------------------|-------|
| | Director | 10% Owner | Officer | Other |
| ABUNDIS CHRISTOPHER M 575 N DAIRY ASHFORD, STE 1200 HOUSTON, TX 77079 | Â | Â | Â SR VP, GC & SECY | Â |

Signatures

/s/ ABUNDIS CHRISTOPHER M 03/22/2017

**Signature of Reporting Person Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 5(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) Includes a time-based Restricted Stock Unit award with respect to 16,534 shares, awarded June 8, 2016, which will vest in three equal installments beginning on the first anniversary of the grant date.
- (2) The stock option vests in three equal installments beginning one year from the grant date of June 8, 2016.

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.