

MORAN VICTOR
Form 4
May 24, 2007

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 *
MORAN VICTOR

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 DRIVE,
SUITE 400

3. Date of Earliest Transaction
(Month/Day/Year)
05/09/2007

____ Director
____ Officer (give title below)
____ 10% Owner
____ Other (specify below)
SVP & CCO

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

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, TX 77060

(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)
SFY Common Stock-401(k)					7,454	I	401K
SFY Cmmn Stock-ESOP Holding					1,272	I	ESOP Plan
Swift Energy Common Stock	05/09/2007		G	V 1,812 D	\$ 0 11,054	D	
Swift Energy Common Stock	05/22/2007		M	2,000 A	\$ 13,054 16.96	D	

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Stock							
Swift Energy Common Stock	05/22/2007		M	8,000	A	\$ 8.3	21,054 D
Swift Energy Common Stock	05/22/2007		M	9,000	A	\$ 13.84	30,054 D
Swift Energy Common Stock	05/22/2007		M	1,080	A	\$ 25.18	31,134 D
Swift Energy Common Stock	05/22/2007		S	4,200	D	\$ 43.07	26,934 D
Swift Energy Common Stock	05/22/2007		S	4,000	D	\$ 43.09	22,934 D
Swift Energy Common Stock	05/22/2007		S	4,200	D	\$ 43.11	18,734 D
Swift Energy Common Stock	05/22/2007		S	3,480	D	\$ 43.2	15,254 D
Swift Energy Common Stock	05/22/2007		S	4,200	D	\$ 43.25	11,054 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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

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SQ01 Plan grt 2/4/2002	\$ 16.96	05/22/2007	M	2,000	02/04/2003	02/04/2012	Swift Energy Common Stock	10,000
SQ01 Plan grt 11/11/2002 NQ	\$ 8.3	05/22/2007	M	8,000	11/11/2003	11/11/2012	Swift Energy Common Stock	10,000
SQ01 Plan grt 11/4/2003 ISO	\$ 13.84	05/22/2007	M	9,000	11/04/2004	11/04/2013	Swift Energy Common Stock	20,000
SQ01 Plan grt 11/8/2004 NQ	\$ 25.18	05/22/2007	M	1,080	11/08/2005	11/08/2014	Swift Energy Common Stock	5,400

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MORAN VICTOR 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060			SVP & CCO	

Signatures

Karen Bryant POA for Victor R.
Moran

05/24/2007

__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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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