

SWIFT ENERGY CO
Form 4
June 19, 2008

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 *
WESSON DAVID W

(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)
06/17/2008

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)
Controller

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) or (D)	Price		
SFY Cmmn Stock-ESOP Holding							ESOP Plan
Swift Energy Common Stock	06/17/2008		M	1,400	A \$ 16.96	9,560	D
Swift Energy Common Stock	06/17/2008		M	2,800	A \$ 13.84	12,360	D

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Stock							
Swift Energy Common Stock	06/17/2008		M	1,800	A	\$ 25.18	14,160 D
Swift Energy Common Stock	06/17/2008		S	300	D	\$ 61.06	13,860 D
Swift Energy Common Stock	06/17/2008		S	100	D	\$ 61.05	13,760 D
Swift Energy Common Stock	06/17/2008		S	100	D	\$ 61.03	13,660 D
Swift Energy Common Stock	06/17/2008		S	200	D	\$ 60.99	13,460 D
Swift Energy Common Stock	06/17/2008		S	100	D	\$ 60.98	13,360 D
Swift Energy Common Stock	06/17/2008		S	600	D	\$ 60.97	12,760 D
Swift Energy Common Stock	06/17/2008		S	500	D	\$ 60.93	12,260 D
Swift Energy Common Stock	06/17/2008		S	3,100	D	\$ 60.922	9,160 D
Swift Energy Common Stock	06/17/2008		S	1,000	D	\$ 60.92	8,160 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	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	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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Security			Disposed of (D) (Instr. 3, 4, and 5)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares
			Code	V (A) (D)				
SQ01 Plan grt 2/4/2002	\$ 16.96	06/17/2008	M	1,400	02/04/2003	02/04/2012	Swift Energy Common Stock	1,400
SQ01 Plan grt 11/4/2003	\$ 13.84	06/17/2008	M	2,800	11/04/2004	11/04/2013	Swift Energy Common Stock	2,800
Stock Option - 11/8/04 - 11/8/2014	\$ 25.18	06/17/2008	M	1,800	11/08/2005	11/08/2014	Swift Energy Common Stock	1,800

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
WESSON DAVID W 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060			Controller	

Signatures

David W.
Wesson

06/19/2008

__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).

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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