

MITCHELL JAMES P
Form 4
November 18, 2010

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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 *
MITCHELL JAMES P

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)
11/16/2010

____ Director
____ Officer (give title below)
____ 10% Owner
____ Other (specify below)
Sr VP-CT&Land

(Street)

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

6. Individual or Joint/Group Filing(Check Applicable Line)
 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)				(A)	2,681 ⁽¹⁾	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding				(A)	1,386 ⁽²⁾	I	ESOP Plan
Swift Energy Common Stock	11/16/2010		M	4,000 A	\$ 13.84 37,939	D	
Swift Energy Common	11/16/2010		M	2,040 A	\$ 25.18 39,979	D	

Stock

Swift Energy

Common 11/16/2010 M 5,700 A \$ 14.66 45,679 D
Stock

Swift Energy

Common 11/16/2010 S 11,740 D \$ 34.0715 33,939 D
Stock (3)

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

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.

SEC 1474
(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
SQ01 Plan grt 11/4/2003	\$ 13.84	11/16/2010		M	4,000	11/04/2004 11/04/2013	Swift Energy Common Stock	4,000	
SQ01 Plan grt 11/8/2004 NQ	\$ 25.18	11/16/2010		M	2,040	11/08/2005 11/08/2014	Swift Energy Common Stock	2,040	
Stock Option 2/10/2009 - 2/10/2019	\$ 14.66	11/16/2010		M	5,700	02/10/2010 02/10/2019	Swift Energy Common Stock	5,700	

Reporting Owners

Reporting Owner Name / Address

Relationships

