

SWIFT ENERGY CO
Form 4
March 24, 2005

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**

(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
03/22/2005

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Sr VP/Chief Compliance Officer

HOUSTON, TX 77060

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

(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)
			Code	V	Amount	(D)	Price		
Common Stock	03/22/2005	03/22/2005	M		5,000	A	\$ 9	10,287	D
Common Stock	03/22/2005	03/22/2005	S		400	D	\$ 28.7	9,887	D
Common Stock	03/22/2005	03/22/2005	S		4,600	D	\$ 28.67	5,287	D
Common Stock	03/23/2005	03/23/2005	M		4,400	A	\$ 9	9,687	D
Common Stock	03/23/2005	03/23/2005	M		3,500	A	\$ 9	13,187	D

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Common Stock	03/23/2005	03/23/2005	M	2,800	A	\$ 9	15,987	D	
Common Stock	03/23/2005	03/23/2005	M	4,235	A	\$ 13.79	20,222	D	
Common Stock	03/23/2005	03/23/2005	M	2,200	A	\$ 14.4318	22,422	D	
Common Stock	03/23/2005	03/23/2005	S	4,500	D	\$ 27.35	17,922	D	
Common Stock	03/23/2005	03/23/2005	S	500	D	\$ 27.32	17,422	D	
Common Stock	03/23/2005	03/23/2005	S	535	D	\$ 27.29	16,887	D	
Common Stock	03/23/2005	03/23/2005	S	300	D	\$ 27.27	16,587	D	
Common Stock	03/23/2005	03/23/2005	S	11,300	D	\$ 27.14	5,287	D	
Common Stock							6,971	I	401(k)
Common Stock							1,145	I	ESOP

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)	8. D S (I)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to	\$ 9	03/23/2005	03/23/2005	M	4,400	12/09/1999	12/26/2006	Common Stock	4,400

buy)

Stock Options (Right to buy)	\$ 9	03/22/2005	03/22/2005	M	5,000	12/09/1999	11/03/2007	Common Stock	5,000
Stock Options (Right to buy)	\$ 9	03/23/2005	03/23/2005	M	3,500	12/09/1999	11/03/2007	Common Stock	3,500
Stock Options (Right to buy)	\$ 9	03/23/2005	03/23/2005	M	2,800	02/09/1999	02/18/2008	Common Stock	2,800
Stock Options (Right to buy)	\$ 13.79	03/23/2005	03/23/2005	M	4,235	09/04/2005	09/04/2013	Common Stock	4,235
Stock Options (Right to buy)	\$ 14.4318	03/23/2005	03/23/2005	M	2,200	05/01/1997	05/01/2006	Common Stock	2,200

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MORAN VICTOR 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060			Sr VP/Chief Compliance Officer	

Signatures

Karen Bryant POA for Victor R. Moran
03/24/2005

__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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