

MITCHELL JAMES P
Form 4
August 10, 2005

FORM 4

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

OMB APPROVAL

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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

(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)
08/08/2005

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)
Sr VP-Land

6. Individual or Joint/Group Filing(Check Applicable Line)
 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)		
			Code	V	Amount	(D)	Price		
Common Stock	08/08/2005	08/08/2005	M		4,800	A	\$ 16.96	8,800	D
Common Stock	08/08/2005	08/08/2005	M		1,100	A	\$ 14.8864	9,900	D
Common Stock	08/08/2005	08/08/2005	M		1,300	A	\$ 11.4375	11,200	D
Common Stock	08/08/2005	08/08/2005	M		3,000	A	\$ 8.3	14,200	D
Common Stock	08/08/2005	08/08/2005	S		10,200	D	\$ 45.21	4,000	D

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Common Stock	1,362	I	401(k)
Common Stock	1,122	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.	
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
				Code	V (A) (D)				
Stock Options (Right to buy)	\$ 8.3	08/08/2005	08/08/2005	M	3,000	11/11/2003	11/11/2012	Common Stock	3,000
Stock Options (Right to buy)	\$ 11.4375	08/08/2005	08/08/2005	M	1,300	02/07/2001	02/07/2010	Common Stock	1,300
Stock Options (Right to buy)	\$ 14.8864	08/08/2005	08/08/2005	M	1,100	05/13/1997	05/13/2006	Common Stock	1,100
Stock Options (Right to buy)	\$ 16.96	08/08/2005	08/08/2005	M	4,800	02/04/2003	02/04/2012	Common Stock	3,978

Reporting Owners

Reporting Owner Name / Address

Relationships

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Director 10% Owner Officer Other

MITCHELL JAMES P
16825 NORTHCHASE DRIVE, SUITE 400
HOUSTON, TX 77060

Sr VP-Land

Signatures

James P.
Mitchell 08/10/2005

__Signature of Date
Reporting Person

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. 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.