

VINCENT BRUCE H
Form 4
November 23, 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 *
VINCENT BRUCE H

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 DR. #400

3. Date of Earliest Transaction (Month/Day/Year)
05/31/2005

Director 10% Owner
 Officer (give title below) Other (specify below)
President

(Street)
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	05/31/2005	05/31/2005	J ⁽¹⁾		1,715	A	\$ 18.11	56,020	D
Common Stock	11/21/2005	11/21/2005	M		7,598	A	\$ 8.125	63,618	D
Common Stock	11/21/2005	11/21/2005	M		11,998	A	\$ 8.3	75,616	D
Common Stock	11/21/2005	11/21/2005	M		4,500	A	\$ 11.4375	80,116	D
Common Stock	11/21/2005	11/21/2005	F ⁽²⁾		4,560	D	\$ 46.66	75,556	D

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Common Stock	11/22/2005	11/22/2005	S	539	D	\$ 46.49	75,017	D	
Common Stock	11/22/2005	11/22/2005	S	15,600	D	\$ 46.4	59,417	D	
Common Stock	11/23/2005	11/23/2005	S	6,000	D	\$ 48	53,417	D	
Common Stock							9,066	I	401(K)
Common Stock							1,159	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			6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Security (Instr. 3 and 4)	Amount or Number of Shares
					Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	V	(A)	(D)	Date Exercisable		
Common Stock	\$ 8.125	11/21/2005	11/21/2005	M			7,598	12/07/1999	12/07/2008	Common Stock	7,598
Common Stock	\$ 8.3	11/21/2005	11/21/2005	M			11,998	11/11/2003	11/11/2012	Common Stock	11,998
Common Stock	\$ 11.4375	11/21/2005	11/21/2005	M			4,500	02/07/2001	02/07/2010	Common Stock	4,500
Common Stock	\$ 46.66	11/21/2005	11/21/2005	A ⁽³⁾			1,323	11/21/2006	12/07/2008	Common Stock	1,323
Common Stock	\$ 46.66	11/21/2005	11/21/2005	A ⁽³⁾			2,134	11/21/2006	11/11/2012	Common Stock	2,134
Common Stock	\$ 46.66	11/21/2005	11/21/2005	A ⁽³⁾			1,103	11/21/2006	02/07/2010	Common Stock	1,103

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
VINCENT BRUCE H 16825 NORTHCHASE DR. #400 HOUSTON, TX 77060	X		President	

Signatures

Karen Bryant POA for Bruce H.
Vincent

11/23/2005

__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).
- (1) Shares acquired under the SFY employee stock purchase plan.
- (2) Payment of exercise price by delivering or withholding 4560 shares of common stock at \$46.66 per share, the closing price of issuer's common stock on 11/21/05.
- (3) Grant of reload option pursuant to plan.

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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