

MONTGOMERY HENRY C
 Form 4
 November 16, 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 *
 MONTGOMERY HENRY C

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)
 11/14/2005

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

(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 Ownership (Instr. 4)
				(A) or (D) Code V Amount (D) Price			
SFY Cmmn Stock-IRA Holdings					792	I	IRA
SFY Cmmn Stock-By Other Holdings					2,123	I	Held in Keogh
Swift Energy Common Stock	11/14/2005		M	4,000 A \$ 12.5	7,210	D	

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Swift Energy Common Stock	11/14/2005	M	3,000	A	\$ 18.875	10,210	D
Swift Energy Common Stock	11/14/2005	M	2,200	A	\$ 23.6364	12,410	D
Swift Energy Common Stock	11/14/2005	S	200	D	\$ 43.48	12,210	D
Swift Energy Common Stock	11/14/2005	S	4,500	D	\$ 43.25	7,710	D
Swift Energy Common Stock	11/14/2005	S	4,500	D	\$ 43.304	3,210	D

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.

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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)		
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
NQ90 Plan grt 5/11/1999 NQ	\$ 12.5	11/14/2005		M	4,000	05/11/2000	05/11/2009	Swift Energy Common Stock	4,000
	\$ 18.875	11/14/2005		M	3,000	05/12/1999	05/12/2008		3,000

NQ90									Swift	
Plan grt									Energy	
5/12/1998									Common	
NQ									Stock	
NQ90									Swift	
Plan grt	\$ 23.6364	11/14/2005		M	2,200	05/13/1998	05/13/2007		Energy	2,200
5/13/1997									Common	
NQ									Stock	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other

MONTGOMERY HENRY C
 16825 NORTHCHASE DRIVE, SUITE 400
 HOUSTON, TX 77060

Signatures

Karen Bryant POA for Henry C. Montgomery	11/16/2005
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__Signature of Reporting Person	Date
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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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