

Turcotte Barry S.
Form 3
December 21, 2009

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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 *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â Turcotte Barry S.		(Month/Day/Year)	SWIFT ENERGY CO [SFY]	
(Last)	(First)	(Middle)	4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
16825 NORTHCHASE DRIVE, SUITE 400			(Check all applicable)	
(Street)			<input type="checkbox"/> Director	<input type="checkbox"/> 10% Owner
HOUSTON,Â TXÂ 77060			<input type="checkbox"/> Officer	<input type="checkbox"/> Other
(City)	(State)	(Zip)	(give title below)	(specify below)
			VP and Controller	6. Individual or Joint/Group Filing(Check Applicable Line)
				<input checked="" type="checkbox"/> Form filed by One Reporting Person
				<input type="checkbox"/> Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Swift Energy Common Stock	13,963	D	Â
Swift Energy Common Stock	512	I	ESOP
Swift Energy Common Stock	1,898	I	401(k)

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

SEC 1473 (7-02)

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.

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying	4. Conversion	5. Ownership	6. Nature of Indirect Beneficial Ownership
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Date Exercisable	Expiration Date	Derivative Security (Instr. 4) Title	Amount or Number of Shares	or Exercise Price of Derivative Security	Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	(Instr. 5)
SQ01 Plan grt 11/11/2002 [^] (1)	11/11/2012	Swift Energy Common Stock	750	\$ 8.3	D	[^]
SQ01 Plan grt 11/4/2003 [^] (2)	11/04/2013	Swift Energy Common Stock	1,600	\$ 13.84	D	[^]
Stock Option - 11/8/04 - 11/8/2014 [^] (3)	11/08/2014	Swift Energy Common Stock	2,400	\$ 25.18	D	[^]

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Turcotte Barry S. 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060	[^]	[^]	[^] VP and Controller	[^]

Signatures

Laurent A. Baillargeon, POA for Barry S. Turcotte 12/21/2009

[^]Signature of Reporting Person Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 5(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) The stock option was granted on 11/11/02 and became exercisable in 20% increments, the first of which was exercisable on the first anniversary of the grant.
- (2) The stock option was granted on 11/4/03 and became exercisable in 20% increments, the first of which was exercisable on the first anniversary of the grant.
- (3) The stock option was granted on 11/8/04 and became exercisable in 20% increments, the first of which was exercisable on the first anniversary of the grant.

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.