

SWIFT TERRY E
Form 4
March 23, 2011

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 *
SWIFT TERRY E

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)
03/21/2011

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

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
X Form filed by One Reporting Person
___ Form filed by More than One Reporting Person

HOUSTON, TX 77060

(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) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|---|
| SFY Common Stock-401(k) | | | | (A) | 8,826 ⁽¹⁾ | I | 401(k) Plan |
| SFY Cmmn Stock-ESOP Holding | | | | (A) | 1,482 ⁽²⁾ | I | ESOP Plan |
| Swift Energy Common Stock | | | | (A) | 8,085 | I | TES GST Exempt Trust ⁽³⁾ |
| Swift Energy Common | 03/21/2011 | | M | 1 | A \$ 273,124 | D | |
| | | | | | 30.47 | | |

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Stock

| | | | | | | | |
|---------------------------------|------------|---|--------|---|-------------|---------|---|
| Swift Energy Common Stock | 03/21/2011 | M | 4,002 | A | \$ 16.96 | 277,126 | D |
| Swift Energy Common Stock | 03/21/2011 | M | 16,000 | A | \$ 13.84 | 293,126 | D |
| Swift Energy Common Stock | 03/21/2011 | M | 15,600 | A | \$ 25.18 | 308,726 | D |
| Swift Energy Common Stock | 03/21/2011 | M | 3,821 | A | \$ 28.97 | 312,547 | D |
| Swift Energy Common Stock | 03/21/2011 | M | 55,798 | A | \$ 14.66 | 368,345 | D |
| Swift Energy Common Stock | 03/21/2011 | M | 21,666 | A | \$ 24.52 | 390,011 | D |
| Swift Energy Common Stock | 03/21/2011 | F | 51,207 | D | \$ 41.83 | 338,804 | 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.

SEC 1474
(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 Underlying Security (Instr. 3) | |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|-------|
| | | | | Code | V (A) (D) | Date Exercisable | Expiration Date | Title |
| Stock Option | | | | | | | | Sw |
| 3/21/2011 - 3/21/2013 | \$ 41.83 | 03/21/2011 | | A | 1,623 | 03/21/2012 | 03/21/2013 | Ener |
| | \$ 41.83 | 03/21/2011 | | A | 7,939 | 03/21/2012 | 11/04/2013 | Comm |
| | | | | | | | | Sto |

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| | | | | | | | | |
|---|----------|------------|---|--------|------------|------------|--|---------------------------|
| Stock Option 3/21/2011 - 11/4/2013 | | | | | | | | Sw Ener Comm Sto |
| Stock Option 3/21/2011 - 11/8/2014 | \$ 41.83 | 03/21/2011 | A | 9,390 | 03/21/2012 | 11/08/2014 | | Sw Ener Comm Sto |
| Stock Option 3/21/2011 - 2/10/2019 | \$ 41.83 | 03/21/2011 | A | 19,555 | 03/21/2012 | 02/10/2019 | | Sw Ener Comm Sto |
| Stock Option 3/21/2011 - 2/8/2020 | \$ 41.83 | 03/21/2011 | A | 12,700 | 03/21/2012 | 02/08/2020 | | Sw Ener Comm Sto |
| SQ01 Plan grt 5/8/2001 NQ | \$ 30.47 | 03/21/2011 | M | 1 | 05/08/2002 | 05/08/2011 | | Sw Ener Comm Sto |
| SQ01 Plan grt 2/4/2002 | \$ 16.96 | 03/21/2011 | M | 4,002 | 02/04/2003 | 02/04/2012 | | Sw Ener Comm Sto |
| SQ01 Plan grt 11/4/2003 | \$ 13.84 | 03/21/2011 | M | 16,000 | 11/04/2004 | 11/04/2013 | | Sw Ener Comm Sto |
| SQ01 Plan grt 11/8/2004 NQ | \$ 25.18 | 03/21/2011 | M | 15,600 | 11/08/2005 | 11/08/2014 | | Sw Ener Comm Sto |
| SQ01 plan grt 4/4/2005 NQ exp 11/4/13 | \$ 28.97 | 03/21/2011 | M | 3,821 | 04/04/2006 | 11/04/2013 | | Sw Ener Comm Sto |
| Stock Option 2/10/2009 - 2/10/2019 | \$ 14.66 | 03/21/2011 | M | 55,798 | 02/10/2010 | 02/10/2019 | | Sw Ener Comm Sto |
| Stock Option 2/8/2010-2/8/2020 | \$ 24.52 | 03/21/2011 | M | 21,666 | 02/08/2010 | 02/08/2020 | | Sw Ener Comm Sto |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | |
|---|---------------|-----------|--------------|-------|
| | Director | 10% Owner | Officer | Other |
| SWIFT TERRY E 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060 | | | COB & CEO | |

Signatures

Terry E. Swift 03/23/2011

__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) Based on statement dated 1/30/2011.
- (2) Based on statement dated 12/31/2009.
- (3) Shares owned by the Terry Earl Swift GST Exempt Trust.

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.