

MITCHELL JAMES P
Form 4
December 12, 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 *
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)
12/09/2005

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-CT&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)
SFY Common Stock-401(k)				(A) or (D)	Price		
SFY Common Stock-401(k)						I	401(k) Plan
SFY Common Stock-ESOP Holding						I	ESOP Plan
Swift Energy Common Stock	12/09/2005		M	379	A \$ 8.3	4,379	D
Swift Energy Common Stock	12/09/2005		M	1,121	A \$ 8.3	5,500	D

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Swift Energy Common Stock	12/09/2005	M	8,000	A	\$ 13.84	13,500	D
Swift Energy Common Stock	12/09/2005	M	1,020	A	\$ 25.18	14,520	D
Swift Energy Common Stock	12/09/2005	S	2,720	D	\$ 48	11,800	D
Swift Energy Common Stock	12/09/2005	S	500	D	\$ 48.02	11,300	D
Swift Energy Common Stock	12/09/2005	S	200	D	\$ 48.03	11,100	D
Swift Energy Common Stock	12/09/2005	S	200	D	\$ 48.08	10,900	D
Swift Energy Common Stock	12/09/2005	S	1,000	D	\$ 48.11	9,900	D
Swift Energy Common Stock	12/09/2005	S	800	D	\$ 48.13	9,100	D
Swift Energy Common Stock	12/09/2005	S	200	D	\$ 48.16	8,900	D
Swift Energy Common Stock	12/09/2005	S	700	D	\$ 48.21	8,200	D
Swift Energy Common Stock	12/09/2005	S	400	D	\$ 48.26	7,800	D
Swift Energy Common Stock	12/09/2005	S	300	D	\$ 48.3	7,500	D
Swift Energy Common Stock	12/09/2005	S	1,000	D	\$ 48.36	6,500	D
Swift Energy Common Stock	12/09/2005	S	800	D	\$ 48.38	5,700	D
Swift Energy Common	12/09/2005	S	1,700	D	\$ 48.4	4,000	D

Stock

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 (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)	Amount or Number of Shares
SQ01 Plan grt 11/11/2002 ISO	\$ 8.3	12/09/2005		M	379	11/11/2003 11/11/2012	Swift Energy Common Stock	379
SQ01 Plan grt 11/11/2002 NQ	\$ 8.3	12/09/2005		M	1,121	11/11/2003 11/11/2012	Swift Energy Common Stock	1,121
SQ01 Plan grt 11/4/2003 NQ	\$ 13.84	12/09/2005		M	8,000	11/04/2004 11/04/2013	Swift Energy Common Stock	8,000
SQ01 Plan grt 11/8/2004 NQ	\$ 25.18	12/09/2005		M	1,020	11/08/2005 11/08/2014	Swift Energy Common Stock	1,020

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MITCHELL JAMES P 16825 NORTHCHASE DRIVE, SUITE 400			Sr VP-CT&Land	

HOUSTON, TX 77060

Signatures

James P.
Mitchell

12/12/2005

__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).

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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