## Edgar Filing: Swindells Charles J - Form 4

Form 4	narles J											
March 23, 20	_								OMB AF	PROVAL		
	<b>ORM 4</b> UNITED STATES SECURITIES AND EXCHANGE COMMISSIO Washington, D.C. 20549							OMMISSION	OMB Number:	3235-0287		
Check thi if no long subject to Section 1 Form 4 o	6.	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, e. Section 17(a) of the Public Utility Holding Company Act of 1935 or Section								January 31, 2005 werage rs per 0.5		
Form 5 obligation may cont <i>See</i> Instru 1(b).	ns Section 17(a											
(Print or Type F	Responses)											
Swindells Charles J Symbol			Name and Ticker or Trading ENERGY CO [SFY]				5. Relationship of Reporting Person(s) to Issuer					
(Last)	(First) (N	(liddle)	3. Date of Earliest Transaction (Che					(Checl	eck all applicable)			
16825 NOR SUITE 400	THCHASE DRIV	/Е,	(Month/D 03/21/20	-				Director Officer (give below)		Owner er (specify		
	(Street) 4			ndment, Da	te Origina	l		6. Individual or Joint/Group Filing(Check				
Filed(Mont HOUSTON, TX 77060				th/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(State)	(Zip)	Table	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	ransaction Date 2A. Deemed onth/Day/Year) Execution Date, if any (Month/Day/Year)			4. Securi on(A) or Di (Instr. 3,	spose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
G C				Code V	Amount	or (D)	Price	(Instr. 3 and 4)				
Swift Energy Common Stock	03/21/2012			Р	2,000	Α	\$ 29.75	20,670	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.

 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. Transact Code (Instr. 8)	Securities Acquired (A) or Disposed of (D) (Instr. 3,			7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
				Code N	4, and 5) V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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## **Reporting Owners**

Relationships **Reporting Owner Name / Address** Director 10% Owner Officer Other Swindells Charles J 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060 Signatures Laurent A. Baillargeon, POA for Charles J. 03/23/2012 Swindells \*\*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. 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.