

MITCHELL JAMES P  
Form 4  
August 10, 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)  
08/08/2005

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-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)
			Code	V	Amount	(D)	Price
Common Stock	08/08/2005	08/08/2005	M		4,800	A	\$ 16.96
Common Stock	08/08/2005	08/08/2005	M		1,100	A	\$ 14.8864
Common Stock	08/08/2005	08/08/2005	M		1,300	A	\$ 11.4375
Common Stock	08/08/2005	08/08/2005	M		3,000	A	\$ 8.3
Common Stock	08/08/2005	08/08/2005	S		10,200	D	\$ 45.21

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Common Stock	1,362	I	401(k)
Common Stock	1,122	I	ESOP

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 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)	8. Amount or Number of Shares
Stock Options (Right to buy)	\$ 8.3	08/08/2005	08/08/2005	M	3,000	11/11/2003 11/11/2012	Common Stock	3,000
Stock Options (Right to buy)	\$ 11.4375	08/08/2005	08/08/2005	M	1,300	02/07/2001 02/07/2010	Common Stock	1,300
Stock Options (Right to buy)	\$ 14.8864	08/08/2005	08/08/2005	M	1,100	05/13/1997 05/13/2006	Common Stock	1,100
Stock Options (Right to buy)	\$ 16.96	08/08/2005	08/08/2005	M	4,800	02/04/2003 02/04/2012	Common Stock	3,978

## Reporting Owners

Reporting Owner Name / Address

Relationships

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Director   10% Owner   Officer   Other

MITCHELL JAMES P  
16825 NORTHCHASE DRIVE, SUITE 400  
HOUSTON, TX 77060

Sr VP-Land

## Signatures

James P.  
Mitchell

08/10/2005

\_\_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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