

MORAN VICTOR
Form 4
November 30, 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 *
MORAN VICTOR

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 DR. #400

3. Date of Earliest Transaction (Month/Day/Year)
11/28/2005

____ Director
 Officer (give title below)
____ 10% Owner
____ Other (specify below)
SVP & CCO

(Street)

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

6. Individual or Joint/Group Filing(Check Applicable Line)
 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)			
			Code	V	Amount	(A) or (D)	Price			
Common Stock	11/28/2005	11/28/2005	M		12,000	A	\$ 11.4375	17,287	D	
Common Stock	11/28/2005	11/28/2005	M		20,000	A	\$ 21.9375	37,287	D	
Common Stock	11/28/2005	11/28/2005	S		5,000	D	\$ 46.9	32,287	D	
Common Stock	11/28/2005	11/28/2005	S		5,000	D	\$ 46.3636	27,287	D	
Common Stock	11/28/2005	11/28/2005	S		5,000	D	\$ 45.9	22,287	D	

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Common Stock	11/28/2005	11/28/2005	S	1,500	D	\$ 45.9573	20,787	D	
Common Stock	11/28/2005	11/28/2005	S	1,500	D	\$ 44.394	19,287	D	
Common Stock	11/28/2005	11/28/2005	S	1,500	D	\$ 44	17,787	D	
Common Stock	11/28/2005	11/28/2005	S	1,500	D	\$ 44.066	16,287	D	
Common Stock	11/28/2005	11/28/2005	S	1,500	D	\$ 44.0873	14,787	D	
Common Stock	11/28/2005	11/28/2005	S	1,500	D	\$ 44.254	13,287	D	
Common Stock	11/28/2005	11/28/2005	S	1,500	D	\$ 44.2453	11,787	D	
Common Stock	11/28/2005	11/28/2005	S	1,500	D	\$ 44.3087	10,287	D	
Common Stock	11/28/2005	11/28/2005	S	1,500	D	\$ 44.408	8,787	D	
Common Stock	11/28/2005	11/28/2005	S	1,500	D	\$ 44.58	7,287	D	
Common Stock	11/28/2005	11/28/2005	S	1,000	D	\$ 44.474	6,287	D	
Common Stock	11/28/2005	11/28/2005	S	1,000	D	\$ 44.357	5,287	D	
Common Stock							6,971	I	401(K)
Common Stock							1,145	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,	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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and 5)

	Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Common Stock	\$ 11.4375	11/28/2005	11/28/2005	M	12,000	02/07/2001 02/07/2010	Common Stock	12,000
Common Stock	\$ 21.9375	11/28/2005	11/28/2005	M	20,000	08/01/2001 08/01/2010	Common Stock	20,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MORAN VICTOR 16825 NORTHCHASE DR. #400 HOUSTON, TX 77060			SVP & CCO	

Signatures

Karen Bryant POA for Victor R. Moran
11/30/2005

__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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