

SWIFT ENERGY CO  
Form 4  
May 21, 2008

**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 \*  
VINCENT BRUCE H

(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)  
05/21/2008

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)  
President and Sec'y

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) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|---|
|                                 |                                      |  |                                | (A) or (D) Code V Amount (D) Price                                |   |  |   |
| SFY Common Stock-401(k)         |                                      |  |                                |   | 10,353  | I  | 401(k) Plan   |
| SFY Cmmn Stock-ESOP Holding     |                                      |  |                                |   | 795   | I  | ESOP Plan   |
| Swift Energy Common Stock       | 05/21/2008                           |  | M                              | 5,000 A \$ 30.47  | 92,101  | D  |   |
| Swift Energy Common Stock       | 05/21/2008                           |  | M                              | 1,421 A \$ 36.22  | 93,522  | D  |   |

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|                                 |            |                  |       |   |             |        |   |
|---------------------------------|------------|------------------|-------|---|-------------|--------|---|
| Swift Energy<br>Common<br>Stock | 05/21/2008 | M                | 423   | A | \$<br>13.84 | 93,945 | D |
| Swift Energy<br>Common<br>Stock | 05/21/2008 | F <sup>(4)</sup> | 3,375 | D | \$<br>62.09 | 90,570 | D |
| Swift Energy<br>Common<br>Stock | 05/21/2008 | S                | 3,469 | D | \$<br>62.09 | 87,101 | D |

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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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 and Amount of Underlying Security (Instr. 3 and 4) |                 |                           |                            |
|--|--|--------------------------------------|--|--------------------------------|---|--|-----|---|-----------------|---------------------------|----------------------------|
|  |  |                                      |  | Code                           | V   | (A)  | (D) | Date Exercisable  | Expiration Date | Title                     | Amount or Number of Shares |
| Stock Option 5/21/2008 - 5/8/2011          | \$ 62.09   | 05/21/2008                           |  | A <sup>(1)</sup>               |   | 2,453  |     | 05/21/2009  | 05/08/2011      | Swift Energy Common Stock | 2,453                      |
| Stock Option 5/21/2008 - 5/21/2010         | \$ 62.09   | 05/21/2008                           |  | A <sup>(2)</sup>               |   | 828  |     | 05/21/2009  | 05/21/2010      | Swift Energy Common Stock | 828                        |
| Stock Option 5/21/2008 - 11/5/2013         | \$ 62.09   | 05/21/2008                           |  | A <sup>(3)</sup>               |   | 94   |     | 05/21/2009  | 11/05/2013      | Swift Energy Common Stock | 94                         |
| SQ01 Plan grt 5/8/2001 NQ                  | \$ 30.47   | 05/21/2008                           |  | M                              |   | 5,000  |     | 05/08/2002  | 05/08/2011      | Swift Energy Common Stock | 5,000                      |

SQ90 plan

grt

6/9/2005 \$ 36.22 05/21/2008

NQ exp

2/7/10

M

1,421 06/09/2006 02/07/2010

Swift  
Energy  
Common  
Stock

1,421

SQ01 Plan

grt

11/4/2003 \$ 13.84 05/21/2008

11/4/2003

M

423 11/04/2004 11/04/2013

Swift  
Energy  
Common  
Stock

423

## Reporting Owners

| Reporting Owner Name / Address  | Relationships |           |                     |       |
|---|---------------|-----------|---------------------|-------|
|   | Director      | 10% Owner | Officer             | Other |
| VINCENT BRUCE H<br>16825 NORTHCHASE DRIVE, SUITE 400<br>HOUSTON, TX 77060 |               |           | President and Sec'y |       |

## Signatures

Bruce H.

Vincent

02/21/2008

\*\*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) Grant of reload option pursuant to plan.

(2) Grant of reload option pursuant to plan.

(3) Grant of reload option pursuant to plan.

(4) Payment of exercise price by delivery of 3,375 shares of issuer's common stock at \$62.09 per share, the closing price of issuer's stock on 5/20/2008.

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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