**SWIFT ENERGY CO** 

Form 4 June 13, 2005

# FORM 4

#### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

**OMB APPROVAL** OMB

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Check this box if no longer subject to Section 16. Form 4 or Form 5

obligations

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 may continue. 30(h) of the Investment Company Act of 1940

See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * HECKAMAN ALTON D JR			Symbol		d Ticker or Trading Y CO [SFY]	5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)			
(Last)	(First)	(Middle)	3. Date o	of Earliest T	ransaction	(Click	ск ан аррисаон	,	
16825 NORTHCHASE DRIVE, SUITE 400				Day/Year)		Director 10% Owner X Officer (give title Other (specification) below) EVP/CFO			
	(Street)		4. If Am	endment, D	ate Original	6. Individual or J	oint/Group Filin	g(Check	
HOUSTON		Filed(Mo	nth/Day/Yea	r)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(State)	(Zip)	Tab	le I - Non-l	Derivative Securities Acc	quired, Disposed o	f, or Beneficial	ly Owned	
1.Title of		Date 2A. Dee		3. T	4. Securities Acquired		6. Ownership		

(City)	(State)	(Zip) Tabl	e I - Non-D	<b>Derivative</b>	Secur	ities Acq	uired, Disposed o	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)		5. Amount of Securities Form: Direct Beneficially (D) or Owned Indirect (I) Following (Instr. 4) Reported Transaction(s)		7. Nature of Indirect Beneficial Ownership (Instr. 4)		
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common Stock	06/09/2005	06/09/2005	S	2,500	D	\$ 36.25	17,405	D	
Common Stock	06/09/2005	06/09/2005	M	4,045	A	\$ 13.84	21,450	D	
Common Stock	06/09/2005	06/09/2005	F(1)	1,545	D	\$ 36.22	19,905	D	
Common Stock							6,476	I	401(k)
Common Stock							1,149	I	ESOP

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

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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. Transactic Code (Instr. 8)	5. Number of orDerivative 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 o Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to buy)	\$ 13.84	06/09/2005	06/09/2005	M		4,045	11/04/2004	11/04/2013	Common Stock	4,045
Stock Options (Right to buy)	\$ 36.22	06/09/2005	06/09/2005	A(2)	1,545		06/09/2006	11/04/2013	Common Stock	1,545

### **Reporting Owners**

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

HECKAMAN ALTON D JR 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060

EVP/CFO

## **Signatures**

Alton D. Heckaman, Jr. 06/13/2005

\*\*Signature of Reporting Date

Person

### **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) Payment of exercise price by delivering or withholding 1,545 shares of common stock at \$36.22 per share, the closing price of issuer's common stock on 6-09-05.

Reporting Owners 2

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#### (2) Grant of reload option pursuant to plan.

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