

SWIFT ENERGY CO
Form 4
June 19, 2008

FORM 4

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

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

OMB APPROVAL

OMB
Number: 3235-0287
Expires: January 31,
2005
Estimated average
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(Print or Type Responses)

1. Name and Address of Reporting Person *
WESSON DAVID W

(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)

06/17/2008

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)

Controller

6. Individual or Joint/Group Filing(Check
Applicable Line)
X 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	(A) or (D)	Price
SFY Common Stock-401(k)					1,711	I	401(k)
SFY Cmmn Stock-ESOP Holding					1,212	I	ESOP Plan
Swift Energy Common Stock	06/17/2008		M		1,400	A	\$ 16.96 9,560 D
Swift Energy Common	06/17/2008		M		2,800	A	\$ 13.84 12,360 D

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Stock

Swift Energy

Common	06/17/2008	M	1,800	A	\$ 25.18	14,160	D
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Stock

Swift Energy

Common	06/17/2008	S	300	D	\$ 61.06	13,860	D
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Stock

Swift Energy

Common	06/17/2008	S	100	D	\$ 61.05	13,760	D
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Stock

Swift Energy

Common	06/17/2008	S	100	D	\$ 61.03	13,660	D
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Stock

Swift Energy

Common	06/17/2008	S	200	D	\$ 60.99	13,460	D
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Stock

Swift Energy

Common	06/17/2008	S	100	D	\$ 60.98	13,360	D
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Stock

Swift Energy

Common	06/17/2008	S	600	D	\$ 60.97	12,760	D
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Stock

Swift Energy

Common	06/17/2008	S	500	D	\$ 60.93	12,260	D
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Stock

Swift Energy

Common	06/17/2008	S	3,100	D	\$ 60.922	9,160	D
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Stock

Swift Energy

Common	06/17/2008	S	1,000	D	\$ 60.92	8,160	D
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Stock

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.

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	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	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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Security			Disposed of		Date Exercisable	Expiration Date	Title	Amount or Number of Shares
			(D)	(A)				
SQ01 Plan grt 2/4/2002	\$ 16.96	06/17/2008			02/04/2003	02/04/2012	Swift Energy Common Stock	1,400
SQ01 Plan grt 11/4/2003	\$ 13.84	06/17/2008			11/04/2004	11/04/2013	Swift Energy Common Stock	2,800
Stock Option - 11/8/04 - 11/8/2014	\$ 25.18	06/17/2008			11/08/2005	11/08/2014	Swift Energy Common Stock	1,800

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
WESSON DAVID W 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060				Controller

Signatures

David W.
Wesson 06/19/2008

__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).

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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