

VINCENT BRUCE H
Form 4
October 08, 2004

FORM 4

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

OMB APPROVAL

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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

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 DRIVE,
SUITE 400

(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
10/06/2004

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
EVP/SEC

HOUSTON, TX 77060

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

(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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	10/06/2004	10/06/2004	M	V	6,171	\$ 13.52	51,675 D
Common Stock	10/06/2004	10/06/2004	F ⁽¹⁾		3,274	\$ 25.48	48,401 D
Common Stock	10/07/2004	10/07/2004	S ⁽²⁾		500	\$ 25.4	47,901 D
Common Stock	10/07/2004	10/07/2004	S ⁽²⁾		500	\$ 25.55	47,401 D
Common Stock	10/07/2004	10/07/2004	S ⁽²⁾		500	\$ 24.91	46,901 D

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Common Stock	10/07/2004	10/07/2004	<u>S</u> (2)	697	D	\$ 24.7	46,204	D	
Common Stock	10/07/2004	10/07/2004	<u>S</u> (2)	100	D	\$ 24.72	46,104	D	
Common Stock	10/07/2004	10/07/2004	<u>S</u> (2)	400	D	\$ 24.79	45,704	D	
Common Stock	10/07/2004	10/07/2004	<u>S</u> (2)	200	D	\$ 24.78	45,504	D	
Common Stock							8,699	I	401(k)
Common Stock							1,086	I	ESOP

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.

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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)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Stock Options (Right to buy)	\$ 13.52	10/06/2004	10/06/2004	M		09/12/2004	09/12/2005	Common Stock	6,171
Stock Options (Right to buy)	\$ 25.48	10/06/2004	10/06/2004	A	3,274 (3)	10/06/2005	10/06/2006	Common Stock	3,274

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

VINCENT BRUCE H
16825 NORTHCHASE DRIVE, SUITE 400
HOUSTON, TX 77060

EVP/SEC

Signatures

Bruce H. 10/08/2004
Vincent

__Signature of Date
Reporting 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 3,274 shares of common stock at \$25.48 per share, the closing price of issuer's common stock on October 6, 2004.
 - (2) The sales reported on this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on April 14, 2004.
 - (3) Grant of reload option pursuant to plan.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.