

HECKAMAN ALTON D JR
Form 4
March 03, 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 *
HECKAMAN ALTON D JR

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)
02/28/2008

____ Director
____ Officer (give title below)
____ 10% Owner
____ Other (specify below)
EVP & CFO

HOUSTON, TX 77060

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

6. Individual or Joint/Group Filing(Check Applicable Line)
X 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 Indirect Beneficial Ownership (Instr. 4)
SFY Common Stock-401(k)				(A)	6,959	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding				(A)	1,276	I	ESOP Plan
Swift Energy Common Stock	02/28/2008		M	1,541 A	\$ 21.21 49,033	D	
Swift Energy Common	02/28/2008		M	214 A	\$ 23.19 49,247	D	

Stock								
Swift Energy Common Stock	02/28/2008		M	15,384	A	\$ 21,9375	64,631	D
Swift Energy Common Stock	02/28/2008		M	2,270	A	\$ 13.84	66,901	D
Swift Energy Common Stock	02/28/2008		F ⁽⁴⁾	8,132	D	\$ 49.98	58,769	D

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, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Security (Instr. 3 and 4)	Amount or Number of Shares
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Stock Option 2/28/08 - 11/4/2013	\$ 49.98	02/28/2008		A ⁽¹⁾	628	02/28/2009	11/04/2013	Swift Energy Common Stock	628
Stock Option 2/28/08 - 2/28/2010	\$ 49.98	02/28/2008		A ⁽²⁾	752	02/28/2009	02/28/2010	Swift Energy Common Stock	752
Stock Option 2/28/08 - 8/1/2010	\$ 49.98	02/28/2008		A ⁽³⁾	6,752	02/28/2008	08/01/2010	Swift Energy Common Stock	6,752
SQ90 Plan grt 5/25/2004 NQ	\$ 21.21	02/28/2008		M	1,541	05/25/2005	12/07/2008	Swift Energy Common Stock	1,541
SQ90 Plan	\$ 23.19	02/28/2008		M	214	09/09/2005	12/07/2008	Swift	214

grt									Energy	
9/9/2004									Common	
NQ									Stock	
SQ90 Plan									Swift	
grt	\$ 21.9375	02/28/2008	M		15,384	08/01/2001	08/01/2010		Energy	15.
8/1/2000									Common	
NQ									Stock	
SQ01 Plan									Swift	
grt	\$ 13.84	02/28/2008	M		2,270	11/04/2004	11/04/2013		Energy	17.
11/4/2003									Common	
									Stock	

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 02/29/2008

__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) Grant of reload option pursuant to plan.
- (2) Grant of reload shares pursuant to plan.
- (3) Grant of reload options pursuant to plan.
- (4) Payment of exercise price by delivery of 8,132 shares of issuer's common stock at \$49.98 per share, the closing price of issuer's stock on 2/28/2008.

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.