

HECKAMAN ALTON D JR
Form 4
June 28, 2006

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)
06/01/2006

____ 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)
			Code	V	Amount	(D)	Price
Swift Energy Common Stock					27,116	D	
SFY Common Stock-401(k)					6,702	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding					1,190	I	ESOP Plan
Swift Energy Common	06/01/2006	06/01/2006	J ⁽¹⁾	790	A	\$	27,039 29.8435

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Stock									
Swift Energy Common Stock	06/26/2006	06/26/2006	A	4,500	A	\$ 16.96	31,539	D	
Swift Energy Common Stock	06/26/2006	06/26/2006	F ⁽³⁾	1,925	D	\$ 39.64	29,614	D	
Swift Energy Common Stock	06/26/2006	06/26/2006	S	2,500	D	\$ 39.5	27,114	D	
Swift Energy Common Stock	06/27/2006	06/27/2006	A	4,298	A	\$ 16.96	31,412	D	
Swift Energy Common Stock	06/27/2006	06/27/2006	F ⁽⁵⁾	1,796	D	\$ 40.57	29,616	D	
Swift Energy Common Stock	06/27/2006	06/27/2006	S	2,500	D	\$ 40.5	27,116	D	

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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
SQ05 Plan Grant 06/26/06	\$ 39.64	06/26/2006	06/26/2006	A ⁽²⁾	1,925	06/26/2007 02/04/2012	Swift Energy Common Stock	1,925	
SQ01 Plan grt 2/4/2002	\$ 16.96	06/26/2006	06/26/2006	M	4,500	02/04/2003 02/04/2012	Swift Energy Common Stock	11,000	

SQ05 Plan Grant 6/27/06	\$ 40.57	06/27/2006	06/27/2006	A ⁽⁴⁾	1,796	06/27/2007	02/04/2012	Swift Energy Common Stock	1,796
SQ01 Plan grt 2/4/2002	\$ 16.96	06/27/2006	06/27/2006	M	4,298	02/04/2003	02/04/2012	Swift Energy Common Stock	11,000

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

Karen Bryant POA for Alton D.
Heckaman Jr

06/28/2006

__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) Shares acquired under the SFY employee stock purchase plan.
- (2) Grant of reload option pursuant to plan.
- (3) Payment of exercise price by delivering or withholding 1,925 shares of issuer's common stock at \$39.64 per share, the closing price of issuer's stock on 6/26/2006.
- (4) Grant of reload option pursuant to plan.
- (5) Payment of exercise price by delivering or withholding 1,796 shares of issuer's common stock at \$40.57 per share, the closing price of issuer's stock on 6/27/2006.

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.