

VINCENT BRUCE H
Form 4
June 29, 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 *
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)
06/01/2006

____ Director
____ Officer (give title below)
____ 10% Owner
____ Other (specify below)
President

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			
SFY Common Stock-401(k)					9,592	I	401(k) Plan
SFY Cmmn Stock-ESOP Holding					900	I	ESOP Plan
Swift Energy Common Stock	06/01/2006	06/01/2006	J(1)	712 A \$ 29.8435	68,885	D	
Swift Energy Common	06/27/2006		A	5,526 A \$ 31.4	74,411	D	

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Stock

Swift Energy

Common 06/27/2006 A 7,444 A \$ 31.4 81,855 D

Stock

Swift Energy

Common 06/27/2006 F⁽⁴⁾ 4,276 D \$ 40.57 77,579 D

Stock

Swift Energy

Common 06/27/2006 F⁽⁵⁾ 5,761 D \$ 40.57 71,818 D

Stock

Swift Energy

Common 06/28/2006 S 2,933 D \$ 40.62 68,885 D

Stock

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 Underlying Security (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title
SQ05 Plan grt 06/27/2006-08	\$ 40.57	06/27/2006		A ⁽²⁾	4,276	06/27/2007 06/27/2008	Swift Energy Common Stock
SQ05 Plan grt 06/27/2006-08	\$ 40.57	06/27/2006		A ⁽³⁾	5,761	06/27/2007 06/27/2008	Swift Energy Common Stock
SQ90 plan grt 5/17/2005 NQ exp 5/17/07	\$ 31.4	06/27/2006		M	5,526	05/17/2006 05/17/2007	Swift Energy Common Stock
SQ90 plan grt 5/17/2005 NQ	\$ 31.4	06/27/2006		M	7,444	05/17/2006 05/17/2007	Swift Energy

exp 5/17/07

Common
Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
VINCENT BRUCE H 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060				President

Signatures

Bruce H. 06/29/2006
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) Shares acquired under the SFY employee stock purchase plan.
 - (2) Grant of reload option pursuant to plan.
 - (3) Grant of reload option pursuant to plan.
 - (4) Payment of exercise price by delivering or withholding 4,276 shares of issuer's common stock at \$40.57 per share, the closing price of issuer's stock on 6/27/06.
 - (5) Payment of exercise price by delivering or withholding 5,761 shares of issuer's common stock at \$40.57 per share, the closing price of issuer's stock on 6/27/06.

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.