

SWIFT ENERGY CO  
Form 3  
February 21, 2008

**FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION**  
**Washington, D.C. 20549**

OMB APPROVAL

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**INITIAL STATEMENT OF 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 * |         | 2. Date of Event Requiring Statement | 3. Issuer Name <b>and</b> Ticker or Trading Symbol |                                                                        |
| Â Banks Robert J.                         |         | (Month/Day/Year)                     | SWIFT ENERGY CO [SFY]                              |                                                                        |
| (Last)                                    | (First) | (Middle)                             | 4. Relationship of Reporting Person(s) to Issuer   | 5. If Amendment, Date Original Filed(Month/Day/Year)                   |
| 16825 NORTHCHASE DRIVE,<br>SUITE 400      |         |                                      | (Check all applicable)                             |                                                                        |
| (Street)                                  |         |                                      | <input type="checkbox"/> Director                  | <input type="checkbox"/> 10% Owner                                     |
| HOUSTON,Â TXÂ 77060                       |         |                                      | <input type="checkbox"/> Officer                   | <input type="checkbox"/> Other                                         |
| (City)                                    | (State) | (Zip)                                | (give title below)                                 | (specify below)                                                        |
|                                           |         |                                      | Executive VP and COO                               | 6. Individual or Joint/Group Filing(Check Applicable Line)             |
|                                           |         |                                      |                                                    | <input checked="" type="checkbox"/> Form filed by One Reporting Person |
|                                           |         |                                      |                                                    | <input type="checkbox"/> Form filed by More than One Reporting Person  |

**Table I - Non-Derivative Securities Beneficially Owned**

| 1. Title of Security<br>(Instr. 4) | 2. Amount of Securities Beneficially Owned<br>(Instr. 4) | 3. Ownership Form:<br>Direct (D)<br>or Indirect (I)<br>(Instr. 5) | 4. Nature of Indirect Beneficial Ownership<br>(Instr. 5) |
|------------------------------------|----------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------|
| Swift Energy Common Stock          | 20,100                                                   | D                                                                 | Â                                                        |
| SFY Common Stock-401(k)            | 598                                                      | I                                                                 | Through 401(k)                                           |
| SFY Cmmn Stock-ESOP Holding        | 112                                                      | I                                                                 | Through ESOP                                             |

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

SEC 1473 (7-02)

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**Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

| 1. Title of Derivative Security<br>(Instr. 4) | 2. Date Exercisable and Expiration Date<br>(Month/Day/Year) | 3. Title and Amount of Securities Underlying | 4. Conversion | 5. Ownership | 6. Nature of Indirect Beneficial Ownership |
|-----------------------------------------------|-------------------------------------------------------------|----------------------------------------------|---------------|--------------|--------------------------------------------|
|-----------------------------------------------|-------------------------------------------------------------|----------------------------------------------|---------------|--------------|--------------------------------------------|

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|                                    | Date Exercisable | Expiration Date | Derivative Security (Instr. 4)<br>Title | Amount or Number of Shares | or Exercise Price of Derivative Security | Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5) | (Instr. 5) |
|------------------------------------|------------------|-----------------|-----------------------------------------|----------------------------|------------------------------------------|--------------------------------------------------------------------|------------|
| Stock Option - 2/6/04 - 2/6/14     | Â (1)            | 02/06/2014      | Swift Energy Common Stock               | 7,000                      | \$ 16.16                                 | D                                                                  | Â          |
| Stock Option - 11/8/04 - 11/8/2014 | Â (2)            | 11/08/2014      | Swift Energy Common Stock               | 4,100                      | \$ 25.18                                 | D                                                                  | Â          |
| Stock Option - 2/7/06 - 2/7/16     | Â (3)            | 02/07/2016      | Swift Energy Common Stock               | 4,500                      | \$ 44.24                                 | D                                                                  | Â          |
| Stock Option - 2/6/07 - 2/6/17     | Â (4)            | 02/06/2017      | Swift Energy Common Stock               | 11,500                     | \$ 43.48                                 | D                                                                  | Â          |
| Stock Option 2/11/2008 - 2/11/2018 | Â (5)            | 02/11/2018      | Swift Energy Common Stock               | 13,700                     | \$ 43.21                                 | D                                                                  | Â          |

## Reporting Owners

| Reporting Owner Name / Address                                            | Relationships |           |                        |       |
|---------------------------------------------------------------------------|---------------|-----------|------------------------|-------|
|                                                                           | Director      | 10% Owner | Officer                | Other |
| Banks Robert J.<br>16825 NORTHCHASE DRIVE, SUITE 400<br>HOUSTON, TX 77060 | Â             | Â         | Â Executive VP and COO | Â     |

## Signatures

Robert J. Banks                      02/21/2008  
 \*\*Signature of                      Date  
 Reporting Person

## Explanation of Responses:

- \* If the form is filed by more than one reporting person, see Instruction 5(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) The option vests in 5 equal annual installments beginning on 02/06/2005.
- (2) The option vests in 5 equal annual installments beginning 11/08/2005.
- (3) The option vests in 5 equal annual installments beginning 02/07/2007.

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- (4) The option vests in 5 equal annual installments beginning 02/06/2008.
- (5) The option vests in 5 equal annual installments beginning on 02/11/2009.

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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