

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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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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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

