

SWIFT VIRGIL N  
Form 5  
February 16, 2010

# FORM 5

**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).  
Form 3 Holdings Reported Form 4 Transactions Reported

**ANNUAL 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

1. Name and Address of Reporting Person \*  
**SWIFT VIRGIL N**

(Last) (First) (Middle)

(Street)

2. Issuer Name and Ticker or Trading Symbol  
**SWIFT ENERGY CO [sfy]**

3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year)  
**12/31/2009**

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

5. Relationship of Reporting Person(s) to Issuer  
(Check all applicable)  
 Director  10% Owner  
 Officer (give title below)  Other (specify below)  
**Director Emeritus**

6. Individual or Joint/Group Reporting  
(check applicable line)  
 Form Filed by One Reporting Person  
 Form Filed by More than One Reporting Person

Â

| 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 at end of Issuer's Fiscal Year (Instr. 3 and 4) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
|  |                                      |  |                                | Amount  | (A) or (D) | Price    |  |  |   |
| SFY Cmmn Stock - IRA Holdings  | Â                                    | Â  | Â                              | Â   | Â          | Â        | 6,121  | I  | Held in IRA   |
| Swift Energy Common Stock  | 12/23/2009                           | Â  | G                              | 1,050   | D          | \$ 24.96 | 134,450  | D  | Â   |

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|                                    |            |   |   |        |   |          |         |   |                            |
|------------------------------------|------------|---|---|--------|---|----------|---------|---|----------------------------|
| Swift Energy Common Stock          | 12/29/2009 | Â | G | 2,500  | D | \$ 24.57 | 131,950 | D | Â                          |
| SFY Cmmn Stk - Family Member (1)   | 12/31/2009 | Â | G | 37,000 | A | \$ 23.96 | 40,000  | I | Held by Family Member      |
| SFY Cmmn Stock - By Other Holdings | 12/31/2009 | Â | G | 37,000 | D | \$ 23.96 | 0       | I | held in Family Partnership |

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

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SEC 2270 (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) | 8. Price of Derivative Security (Instr. 5) | 9. of D Se B O E Is F (I |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|--|--------------------------|
|  |  |                                      |  |                                | (A) (D)   | Date Exercisable Expiration Date                         | Title Amount or Number of Shares                              |  |                          |

## Reporting Owners

| Reporting Owner Name / Address | Relationships |           |         |                   |
|--------------------------------|---------------|-----------|---------|-------------------|
|                                | Director      | 10% Owner | Officer | Other             |
| SWIFT VIRGIL N                 | Â             | Â         | Â       | Director Emeritus |
| Â                              |               |           |         |                   |

## Signatures

Laurent A. Baillargeon, POA for Virgil N.  
Swift

02/16/2010

\_\_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).

Such holding was previously reported due to Reporting Person's interest in a family limited partnership of which this trust is a member.

- (1) On December 31, 2009, Reporting Person and his spouse gifted their partnership interests to the trust and surrendered all voting and investment control of the investments of the trust. This holding will not be reflected on any future filings of the Reporting Person.

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.