KITTERMAN JAMES M

Form 4

November 17, 2008

Stock-ESOP

Swift Energy

11/14/2008

Holding

Common

FORM 4	4	A TEER OF CLIPA	DIEG AND	D EWGE	LANIO	E CO	MATGGION		PROVAL
	Washington, D.C. 20549							OMB Number:	3235-028
Check this be if no longer	ox .							Expires:	January 31
subject to	STATEME	STATEMENT OF CHANGES IN BENEFICIAL OWN						Estimated a	200 verage
Section 16. Form 4 or		SECURITIES							s per
Form 5	Filed pursua	nt to Section 16(a) of the S	Securities	Exch	ange /	Act of 1934	response	0.
obligations may continue <i>See</i> Instruction 1(b).	e. Section 17(a) o	of the Public Utili 30(h) of the Inve	ity Holdin	g Compa	any A	et of 1			
Print or Type Resp	ponses)								
1. Name and Addr KITTERMAN	Symbol					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
		SWIFT ENERGY CO [SFY]							
(Last)	(First) (Midd	, 2.24.00	3. Date of Earliest Transaction (Month/Day/Year) 11/11/2008				Director	10%	Owner
16825 NORTH SUITE 400	ICHASE DRIVE	· · · · · · · · · · · · · · · · · · ·					Officer (give title Other (specify below) Senior VP Operations		
	(Street)	4. If Amend	ment, Date	Original		6.	. Individual or Joi	nt/Group Filing	g(Check
HOHETON T	V 77060	Filed(Month	Day/Year)				pplicable Line) X_ Form filed by Or Form filed by Mo		
HOUSTON, T	A //000					Po	erson		C
(City)	(State) (Zip	Table I	- Non-Der	ivative Sec	curities	Acquir	red, Disposed of,	or Beneficiall	y Owned
1.Title of	2. Transaction Date		3.	4. Securi			5. Amount of	6.	7. Nature o
Security (Instr. 3)	(Month/Day/Year)	Execution Date, if any	Code (Instr. 3, 4 and 5)				Securities Beneficially	Ownership Form:	Indirect Beneficial
		(Month/Day/Year)				,	Owned	Direct (D)	Ownership
							Following Reported	or Indirect (I)	(Instr. 4)
					(A)		Transaction(s)	(Instr. 4)	
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
SFY Cmmn Stock-By							2,420	I	IRA
Other Holdings									
SFY Common Stock-401(k)							10,183	I	401(k) Plan
SFY Cmmn							705	.	ESOP

M

1,903 A

\$

24.68

Plan

795

46,676

Ι

D

Stock

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.

SEC 1474 (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. Transacti Code (Instr. 8)	Transaction Derivative Code Securities		6. Date Exercis Expiration Dat (Month/Day/Y	e	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
SQ90 Plan grt 12/7/1998 ISO	\$ 8.125	11/11/2008		M		1,903	12/07/1999	12/07/2008	Swift Energy Common Stock	1,903

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

KITTERMAN JAMES M 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060

Senior VP Operations

Signatures

James M.
Kitterman

**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).

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.

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