

SWIFT ENERGY CO

Form 4

April 26, 2016

FORM 4**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

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

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
Banks Robert J.

(Last) (First) (Middle)

SWIFT ENERGY
COMPANY, 17001 NORTHCHASE
DRIVE, SUITE 100

(Street)

HOUSTON, TX 77060

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading
Symbol

SWIFT ENERGY CO [SFYWQ]

3. Date of Earliest Transaction
(Month/Day/Year)

04/22/2016

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

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

Executive VP and COO

6. Individual or Joint/Group Filing(Check
Applicable Line)
__X__ Form filed by One Reporting Person
____ Form filed by More than One Reporting
Person

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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Swift Energy Company Common Stock	04/22/2016		J ⁽¹⁾		74,700 ⁽¹⁾	D	\$ 0 ⁽¹⁾	33,074	D	
Swift Energy Company Common Stock	04/22/2016		D ⁽²⁾		33,074 ⁽²⁾	D	\$ 0 ⁽²⁾	0	D	
	04/22/2016		D ⁽²⁾			D		0	I	GRAT

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Swift
Energy
Company
Common
Stock

33,431
(2)
\$ 0
(2)

Swift
Energy
Company
Common
Stock

04/22/2016 D(2) 564 (2) D \$ 0 (2) 0 I IRA

Swift
Energy
Company
Common
Stock

0 (3) I Through
401(k)

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

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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. 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. Nu Deriv Secur Bene Own Follo Repor Trans (Instr
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Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Code	V	(A)	(D)

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

Banks Robert J.
SWIFT ENERGY COMPANY
17001 NORTHCHASE DRIVE, SUITE 100
HOUSTON, TX 77060

Executive
VP and COO

Signatures

/s/ Christopher M. Abundis, POA for Robert J.
Banks

04/26/2016

__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).
- (1) Pursuant to Section 503(c) of the Bankruptcy Code, the reporting person's Restricted Stock awards were cancelled upon the Issuer's emergence from bankruptcy, including shares which were prohibited from vesting during the time that the Issuer was in bankruptcy.
- (2) Pursuant to the Plan of Reorganization approved by the Board of Directors and filed with the bankruptcy court, the Issuer's common stock (SFYWQ) was cancelled on April 22, 2016.
- (3) Since the date of the reporting person's last ownership report, the reporting person has disposed of the shares held in his 401(k) account in a required diversification pursuant to the withdrawal of the Issuer's common stock as an investment choice.

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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