

KITTERMAN JAMES M  
Form 4  
August 15, 2005

**FORM 4**

**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).

**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 \*  
**KITTERMAN JAMES M**

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)  
**08/11/2005**

\_\_\_\_ Director  
 Officer (give title below)  
\_\_\_\_ 10% Owner  
\_\_\_\_ Other (specify below)  
Sr VP-Operations

**HOUSTON, TX 77060**

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

6. Individual or Joint/Group Filing(Check Applicable Line)  
 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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	08/11/2005	08/11/2005	M	7,597	A \$ 8.125	44,685	D
Common Stock	08/11/2005	08/11/2005	S	2,097	D \$ 47.09	42,588	D
Common Stock	08/11/2005	08/11/2005	S	5,500	D \$ 47	37,088	D
Common Stock	08/12/2005	08/12/2005	M	8,000	A \$ 9	45,088	D
Common Stock	08/12/2005	08/12/2005	S	400	D \$ 47.59	44,688	D

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Common Stock	08/12/2005	08/12/2005	S	7,600	D	\$ 47.5	37,088	D	
Common Stock							9,289	I	401(K)
Common Stock							1,158	I	ESOP
Common Stock							2,420	I	IRA

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 Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
Stock Options (Right to buy)	\$ 8.125	08/11/2005	08/11/2005	M	7,597	12/07/1999 12/07/2008	Common Stock	7,597
Stock Options (Right to buy)	\$ 9	08/12/2005	08/12/2005	M	8,000	12/09/1999 11/03/2007	Common Stock	8,000

## Reporting Owners

**Reporting Owner Name / Address**

**Relationships**

Director    10% Owner    Officer    Other

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

Sr VP-Operations

## Signatures

James M.  
Kitterman

08/15/2005

\_\_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).

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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