KITTERMAN JAMES M

Form 4

February 10, 2009

| FORM 4 | | OMB APPROVAL | | |
|--|---|----------------------------------|---------------|--|
| I Onivi 4 | UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 | OMB Number: | 3235-02 | |
| Check this box if no longer | STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF | Expires: | January 20 | |
| subject to Section 16. Form 4 or | SECURITIES SECURITIES | Estimated a burden hour response | hours per | |

January 31, 2005 daverage

3235-0287

ours per 0.5

5. Relationship of Reporting Person(s) to

(Check all applicable)

Issuer

Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction

Symbol

2. Issuer Name and Ticker or Trading

SWIFT ENERGY CO [SFY]

(Print or Type Responses)

KITTERMAN JAMES M

1. Name and Address of Reporting Person *

1(b).

| (Last) | (First) (Mide | dle) 3. Date of E | arliest Trans | saction | | | | | | |
|---|---|-------------------------|--|-------------------------------|---------------------------------|-------------|--|--|---|--|
| 16825 NORTH SUITE 400 | HCHASE DRIVE | (Month/Day 02/06/200 | | | | be | Director Officer (give tielow) Senior | | Owner r (specify | |
| | (Street) | | 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 | | | |
| HOUSTON, T | X 77060 | | | | | Pe | _ Form filed by Mo erson | ore than One Rep | porting | |
| (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) | | Code (Instr. 8) | 4. Securor(A) or D (Instr. 3) | oispose , 4 and (A) or | ed of (D) | 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) | |
| SFY Cmmn Stock-By Other Holdings | | | | | | | 2,420 | I | IRA | |
| SFY Common Stock-401(k) | | | | | | | 10,183 | I | 401(k) Plan | |
| SFY Cmmn Stock-ESOP Holding | | | | | | | 795 | I | ESOP Plan | |
| Swift Energy Common | 02/06/2009 | | F | 479 | D | \$ 16.01 | 46,197 | D | | |

Stock

| Swift Energy Common Stock | 02/07/2009 | F | 610 | D | \$ 16.01 | 45,587 | D |
|---------------------------------|------------|---|-----|---|-------------|--------|---|
| Swift Energy Common Stock | 02/08/2009 | F | 294 | D | \$ 16.01 | 45,293 | D |

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)

9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr

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. Transa Code (Instr. | | 5. mNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) | | ate | Amou Under Secur | rlying | 8. Price of Derivative Security (Instr. 5) |
|---|---|--------------------------------------|---|---------------------------------|---|--|---------------------|--------------------|------------------------|--|---|
| | | | | Code | V | (A) (D) | Date Exercisable | Expiration Date | Title | Amount or Number of Shares | |

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

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

Senior VP Operations

Signatures

James M. 02/10/2009 Kitterman

**Signature of Date
Reporting Person

Reporting Owners 2

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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.