#### **SWIFT ENERGY CO**

Form 4

February 18, 2014

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### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

2. Issuer Name and Ticker or Trading

**OMB APPROVAL** OMB

3235-0287 Number:

January 31, Expires: 2005

Estimated average burden hours per

5. Relationship of Reporting Person(s) to

response... 0.5

if no longer subject to Section 16. Form 4 or Form 5

Check this box

**SECURITIES** 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 1(b).

Swift Energy Common

Stock

02/13/2014

(Print or Type Responses)

1. Name and Address of Reporting Person \*

MITCI	HELL JA	AMES P		Symbol SWIFT EN	NERGY CO [SFY]		Issuer	11 12 11 1	
(Las	,	(First)	(Midd	3. Date of Ea (Month/Day/ 02/13/2014			Director Officer (give ti	tle Othe	Owner r (specify
SUITE	E 400	(Street)		4. If Amendr	ment, Date Original		below) Sr V 6. Individual or Join	below) P-CT&Land nt/Group Filin	g(Check
HOUS	TON, T	X 77060		Filed(Month/l	Day/Year)		Applicable Line) _X_ Form filed by Or Form filed by Mo Person	1 0	
(Cit	ty)	(State)	(Zip)	Table I	- Non-Derivative Sec	urities Acqu	ired, Disposed of,	or Beneficiall	y Owned
1.Title o Security (Instr. 3)		2. Transactio (Month/Day/		2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securit Transaction(A) or Di Code (Instr. 3, (Instr. 8)		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 C Stock-	ommon 401(k)					` '	5,305 (1)	I	401(k) Plan
SFY C Stock-I Holdin	ESOP						1,244 (2)	I	ESOP Plan

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

F

632

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

48,281

D

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required to respond unless the form displays a currently valid OMB control number.

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exer	cisable and	7. Titl	le and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	TransactionNumber		Expiration Date		Amou	ınt of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	rlying	Security	Secui
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivativ	e		Secur	ities	(Instr. 5)	Bene
	Derivative				Securities	3		(Instr.	. 3 and 4)		Owne
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									Amount		
									Amount		
						Date	Expiration	Title	or Number		
						Exercisable	Date	Title	of		
				Codo V	(A) (D)						
				Code V	(A) (D)				Shares		

## **Reporting Owners**

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

MITCHELL JAMES P 16825 NORTHCHASE DRIVE, SUITE 400 HOUSTON, TX 77060

Sr VP-CT&Land

## **Signatures**

James P. 02/17/2014 Mitchell

\*\*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).
- (1) Based on statement dated 12/31/2013.
- (2) Based on statement dated 12/31/2012.

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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