

SWIFT ENERGY CO
Form 4
April 26, 2016

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 *
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 below) ___ Other (specify 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 (D) Price		
Swift Energy Company Common Stock	04/22/2016		J(1)		74,700 (1) \$ 0 (1) 33,074	D	
Swift Energy Company Common Stock	04/22/2016		D(2)		33,074 (2) \$ 0 (2) 0	D	
	04/22/2016		D(2)		0	I	GRAT

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Swift Energy Company Common Stock					33,431		\$ 0		
					<u>(2)</u>		<u>(2)</u>		
Swift Energy Company Common Stock	04/22/2016		D ⁽²⁾		564 <u>(2)</u>	D	\$ 0 <u>(2)</u>	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.

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. 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 Follow Repor Trans (Instr
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

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. 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.