

QUINN NANCY K

Form 4

August 02, 2012

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 *
QUINN NANCY K

2. Issuer Name **and** Ticker or Trading
Symbol
HELIX ENERGY SOLUTIONS
GROUP INC [HLX]

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction
(Month/Day/Year)
08/01/2012

☒ Director ☐ 10% Owner
☐ Officer (give title below) ☐ Other (specify below)

400 N. SAM HOUSTON
PARKWAY E., SUITE 400

(Street)

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

HOUSTON, TX 77060

(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)
			Code	V	Amount	(A) or (D) Price			
Common Stock	08/01/2012		S		100	D	\$ 17.72	100,554	D
Common Stock	08/01/2012		S		200	D	\$ 17.74	100,354	D
Common Stock	08/01/2012		S		300	D	\$ 17.75	100,054	D
Common Stock	08/01/2012		S		100	D	\$ 17.76	99,954	D
Common Stock	08/01/2012		S		400	D	\$ 17.77	99,554	D

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Common Stock	08/01/2012	S	667	D	\$ 17.82	98,887	D
Common Stock	08/01/2012	S	133	D	\$ 17.83	98,754	D
Common Stock	08/01/2012	S	400	D	\$ 17.84	98,354	D
Common Stock	08/01/2012	S	2,167	D	\$ 17.88	96,187	D
Common Stock	08/01/2012	S	233	D	\$ 17.89	95,954	D
Common Stock	08/01/2012	S	300	D	\$ 17.9	95,654	D
Common Stock	08/01/2012	S	1,900	D	\$ 17.95	93,754	D
Common Stock	08/01/2012	S	1,800	D	\$ 17.96	91,954	D
Common Stock	08/01/2012	S	200	D	\$ 17.97	91,754	D
Common Stock	08/01/2012	S	300	D	\$ 17.98	91,454	D
Common Stock	08/01/2012	S	800	D	\$ 18	90,654	D

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

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(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 Repo 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
QUINN NANCY K 400 N. SAM HOUSTON PARKWAY E. SUITE 400 HOUSTON, TX 77060	X			

Signatures

/s/ Margaret C. Fitzgerald, by Power of Attorney

08/02/2012

 **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. 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.