

EMCOR GROUP INC
Form 4
November 20, 2009

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 *
MACINNIS FRANK T

2. Issuer Name and Ticker or Trading Symbol
EMCOR GROUP INC [EME]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
301 MERRITT SEVEN

(Street)

3. Date of Earliest Transaction (Month/Day/Year)
11/18/2009

Director 10% Owner
 Officer (give title below) Other (specify below)
Chairman & CEO

NORWALK, CT 06851

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	11/18/2009		M		100,000	A	\$ 4.39
Common Stock	11/18/2009		S		200	D	\$ 25.93
Common Stock	11/18/2009		S		600	D	\$ 25.94
Common Stock	11/18/2009		S		600	D	\$ 25.95
Common Stock	11/18/2009		S		1,400	D	\$ 25.96

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Common Stock	11/18/2009	S	3,600	D	\$ 25.97	836,547	D
Common Stock	11/18/2009	S	4,100	D	\$ 25.98	832,447	D
Common Stock	11/18/2009	S	100	D	\$ 25.9825	832,347	D
Common Stock	11/18/2009	S	100	D	\$ 25.985	832,247	D
Common Stock	11/18/2009	S	4,600	D	\$ 25.99	827,647	D
Common Stock	11/18/2009	S	100	D	\$ 25.995	827,547	D
Common Stock	11/18/2009	S	6,200	D	\$ 26	821,347	D
Common Stock	11/18/2009	S	3,800	D	\$ 26.01	817,547	D
Common Stock	11/18/2009	S	3,500	D	\$ 26.02	814,047	D
Common Stock	11/18/2009	S	100	D	\$ 26.0225	813,947	D
Common Stock	11/18/2009	S	400	D	\$ 26.025	813,547	D
Common Stock	11/18/2009	S	5,600	D	\$ 26.03	807,947	D
Common Stock	11/18/2009	S	3,600	D	\$ 26.04	804,347	D
Common Stock	11/18/2009	S	1,500	D	\$ 26.05	802,847	D
Common Stock	11/18/2009	S	4,300	D	\$ 26.06	798,547	D
Common Stock	11/18/2009	S	3,800	D	\$ 26.07	794,747	D
Common Stock	11/18/2009	S	1,500	D	\$ 26.08	793,247	D
Common Stock	11/18/2009	S	1,700	D	\$ 26.09	791,547	D
Common Stock	11/18/2009	S	800	D	\$ 26.1	790,747	D
Common Stock	11/18/2009	S	600	D	\$ 26.11	790,147	D
	11/18/2009	S	900	D	\$ 26.04	789,247	D

Common Stock							
Common Stock	11/18/2009	S	1,200	D	\$ 26.06	788,047	D
Common Stock	11/18/2009	S	1,200	D	\$ 26.08	786,847	D
Common Stock	11/18/2009	S	1,200	D	\$ 26.09	785,647	D

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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount Number Shares
Employee Stock Options (right to buy)	\$ 4.39	11/18/2009		M	100,000	01/03/2001	01/02/2010	Common Stock	100,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MACINNIS FRANK T 301 MERRITT SEVEN NORWALK, CT 06851	X		Chairman & CEO	

Signatures

Frank T. MacInnis
11/20/2009

**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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