Edgar Filing: LOVOI JOHN - Form 4

LOVOLIOHN

Form 4 July 06, 2011											
							-	OMB APPROVAL			
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								OMB Number:	3235-0287		
	Check this box if no longer STATEMENT OF CHANCES IN DENEELOLAL OWNEDSIDD						NEDGIID OF	Expires:	January 31, 2005		
subject to STATEMENT OF CHANGES					ES IN BENEFICIAL OWNERSHIP OF ECURITIES				Estimated average burden hours per response		
Form 5 obligation may conti <i>See</i> Instru 1(b).	$\frac{1}{1}$ Section 17(a)	a) of the		ility Hold	ing Com	pany	Act o	ge Act of 1934, f 1935 or Sectio 40	on		
(Print or Type R	esponses)										
LOVOI JOHN Symb			Symbol HELIX I	2. Issuer Name and Ticker or Trading Symbol HELIX ENERGY SOLUTIONS				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
GRO				ROUP INC [HLX]							
				Day/Year) –				X_ Director10% Owner Officer (give titleOther (specify below)below)			
(Street) 4. If Ame				nendment, Date Original				6. Individual or Joint/Group Filing(Check			
HOUSTON,	TX 77060		Filed(Mont	th/Day/Year)				Applicable Line) _X_ Form filed by Form filed by M Person	One Reporting Pe More than One Re		
(City)	(State)	(Zip)	Table	e I - Non-Do	erivative S	Securi	ties Ac	quired, Disposed o	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Data (Month/Day/Year)	Executi any		3. Transactic Code (Instr. 8) Code V	Disposed (Instr. 3, Amount	l (A) o l 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)		
Common Stock	07/01/2011			А	2,095 (1)	A	\$0	99,902	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.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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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. Transactio Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Securi (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne 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						
I O O O O O O O O	Director	10% Owner	Officer	Other			
LOVOI JOHN 400 N. SAM HOUSTON PARKWAY E. SUITE 400 HOUSTON, TX 77060	Х						
Signatures							
/s/ Margaret C. Fitzgerald, by Power of Attorney	07/06/2011						
<u>**</u> Signature of Reporting Person		Date					
Fundanation of Doomono							

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).
- This restricted stock award was granted pursuant to the Company's 2005 Long Term Incentive Plan and therefore has no purchase or sales(1) price. This restricted stock award was received in lieu of quarterly fees related to the reporting person's service on the Board of Directors and its committees.

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.