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KRATZ OWEN F

Form 4											
August 02, 2	2018										
FORM	4								OMB AF	PROVAL	
Washington, D.C. 20549								DMMISSION	OMB Number:	3235-0287	
Check th if no lon, subject to Section 2 Form 4 of Form 5	s box er STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF 5. SECURITIES								Expires: Estimated a burden hour response	irs per	
obligatio may con <i>See</i> Instr 1(b).	tinue. Section 17	(a) of the l	Public U	tility Hol		pany	Act of 1	1935 or Section			
(Print or Type)	Responses)										
1. Name and A KRATZ OV	Symbol HELIX ENERGY SOLUTIONS					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
			GROU	P INC [H	LXJ				11	,	
(Last) (First) (Middle) 3505 W SAM HOUSTON PARKWAY N., SUITE 400			3. Date of Earliest Transaction (Month/Day/Year) 07/31/2018				_X_ Director 10% Owner _X_ Officer (give title Other (specify below) PRESIDENT & CEO				
(Street) HOUSTON, TX 77043			Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
HOUSTON	, IX //043						I	Person			
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative S	ecurit	ies Acqui	ired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	any		1				 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	(D)	Price \$	(IIISU: 5 and 4)			
Common Stock	07/31/2018			S	118,536	D	10.15 (1)	6,965,598 <u>(2)</u>	D		
Common Stock	08/01/2018			S	152,996	D	\$ 10.05 (3)	6,812,602 <u>(2)</u>	D		

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

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number.

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. Transactic Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Date	Amo Unde Secur	tle and unt of rrlying rities :. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
Repo	rting O	wners		Code V		Date Exercisable	Expiration Date	Title	Amount or Number of Shares		
Re	porting Owne	er Name / Address	Director	10% Owner	Relations Officer	hips	Oth	her			

	Director 10% Owne	er Officer	Other
KRATZ OWEN E 3505 W SAM HOUSTON PARKWAY N. SUITE 400 HOUSTON, TX 77043	Х	PRESIDENT & CEO	
Signatures			
/s/ Alisa B. Johnson by power of attorney	08/02/2018		
**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).

The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$10.04 to \$10.37, inclusive. The reporting person undertakes to provide Helix Energy Solutions Group, Inc., any security holder of Helix Energy Solutions Group, Inc., or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of

shares sold at each separate price within the ranges set forth in this footnote of this Form 4.
 (2) Mr. Kratz disclaims beneficial ownership of 1,000,000 shares included in this amount, which shares are held by Joss Investments Limited Partnership, an entity in which he is a general partner.

The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$10.04 to \$10.12, inclusive. The reporting person undertakes to provide Helix Energy Solutions Group, Inc., any security holder of Helix Energy Solutions Group, Inc., any security holder of Helix Energy Solutions Group. Inc.

(3) Solutions Group, Inc., or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this footnote of this Form 4.

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.