HELIX ENERGY SOLUTIONS GROUP INC	
Form 8-K	
March 03, 2016	

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

Form 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): March 3, 2016

Helix Energy Solutions Group, Inc.

(Exact name of registrant as specified in its charter)

Minnesota 001-32936 95-3409686 (State or other jurisdiction

(Commission File Number) (IRS Employer Identification No.) of incorporation)

3505 West Sam Houston Parkway North,

77043 Suite 400 (Zip Code) Houston, Texas

(Address of principal executive offices)

281-618-0400

(Registrant's telephone number,

including area code)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of

the registrant under any of the following provisions (see General Instruction A.2. below):
_ Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
_ Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
_ Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
_ Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01 Regulation FD Disclosure.

Helix Energy Solutions Group, Inc. (the "Company") is furnishing this report to disclose an updated Company presentation to be used in communications with investors as well as an upcoming investor conference. The presentation materials are attached hereto as Exhibit 99.1 and incorporated by reference herein. The presentation materials will also be posted in the Presentations section under Investor Relations of Helix's website, www.HelixESG.com.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits.

Number Description

99.1 Materials to be presented at the conference.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Date: March 3, 2016

HELIX ENERGY SOLUTIONS GROUP, INC.

By:/s/ Anthony Tripodo Anthony Tripodo Executive Vice President and Chief Financial Officer

Index to Exhibits

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