

Capital One Southcoast 2010 Energy Conference

December 8, 2010



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References to quantities of oil or gas include amounts we believe will ultimately be produced, and may include "proved reserves" and quantities of oil or gas that are not yet classified as "proved reserves" under SEC definitions. Statements of oil and gas reserves are estimates based on assumptions and may be imprecise. Investors are urged to consider closely the disclosure regarding reserves in our 2009 Form 10-K and any subsequent quarterly reports on Form 10-Q.

Helix ESG: Transforming the Business Model **Historical Profile** Deepwater subsea contracting The Future Deepwater well intervention Deepwater contracting services Robotics Well Intervention • Oil and gas • Deepwater Robotics • Shelf Subsea Construction Offshore production facilities •Offshore production facilities • Shelf contracting (Cal Dive) · Reservoir evaluation and consulting

The result: A company focused on deepwater activities and a conservative balance sheet

Helix ESG Business Segments





Subsea Construction

Pipelay Intrepid Express Caesar ROV 39 ROVs 2 ROV Drill Units 5 Chartered Vessels 5 Trenchers (200 – 2000hp)



Helix Oil & Gas

GOM shelf and deepwater

PV-10 \$1.3 billion @ 6/30/2010

Proved reserves = 400 bcfe (6/30/2010)

2010 projected production 45 bcfe

Well Intervention Q4000 Seawell Well Enhancer Normand Clough (JV) Mobile VDS/SILs



Production Facilities

Marco Polo TLP (50%) Independence Hub Semi (20%) Helix Producer I (~82%)



Services For Each Stage of the Field Life Cycle





Wellbore Drilling

- Wellhead Installation
- Pipeline / Flowline / Umbilical Installation
- PLET / Manifold Installation

Jumper Installation



Trenching and Burial

Well Intervention

ROV Services

Decommissioning, Plug & Abandonment

Wellhead / Tree Recovery







Well Intervention Assets





Helix provides well operation and decommissioning services with the *Seawell* riserless well intervention vessel, the flagship *Q4000* semisubmersible, the *Well Enhancer* wireline / slickline / coiled tubing intervention vessel, and the *Normand Clough* (JV) with our Subsea Intervention Lubricator and Vessel Deployment systems.

Subsea Construction Vessels









DP S-Lay Vessel Caesar

Caesar's onboard pipe welding and testing capability allows the vessel to lay virtually unlimited lengths of pipe up to 36" in diameter.

DP Reel Lay Vessel Intrepid

Intrepid has the flexibility to be deployed as a pipelay, installation or saturation diving vessel.

DP Reel Lay Vessel Express

Helix's dual-reel pipelay and subsea construction vessel has established an extensive track record of field installation projects around the world.

Helix ROV Systems





The Helix ROV fleet consists of 40+ vehicles, covering the spectrum of deepwater construction services. The 600 hp Supertrencher II system is designed to operate at water depths in excess of 6,500 feet. The state of the art I-Trencher system trenches, lays pipe up to 16" in diameter, and backfills in a single operation.

Helix is an industry leading provider of ROV and subsea trenching services to deepwater operators worldwide.

ROV/Construction Support Vessel Fleet





Island Pioneer

Olympic Canyon

Olympic Triton

Deep Cygnus



Normand Fortress

Normand Clough as part of CloughHelix JV

Chartered support vessels allows Helix to adjust the size and capability of its fleet to cost-effectively meet industry demands.

Q4000 in Action for Macondo Response HFI IX ENERGY SOLUTIONS GROUP Static Kill **Dynamic Kill HBOP** Recovery Arrived in staging area within ٠ With Evergreen Burners 3 days of call-off Multi-functional and ease of ٠ adaptability between operating modes Containment .

- Dynamic Kill
- Flaring
- Static Kill
- P Recovery
- Control platform for LMRP/BOP yellow pod

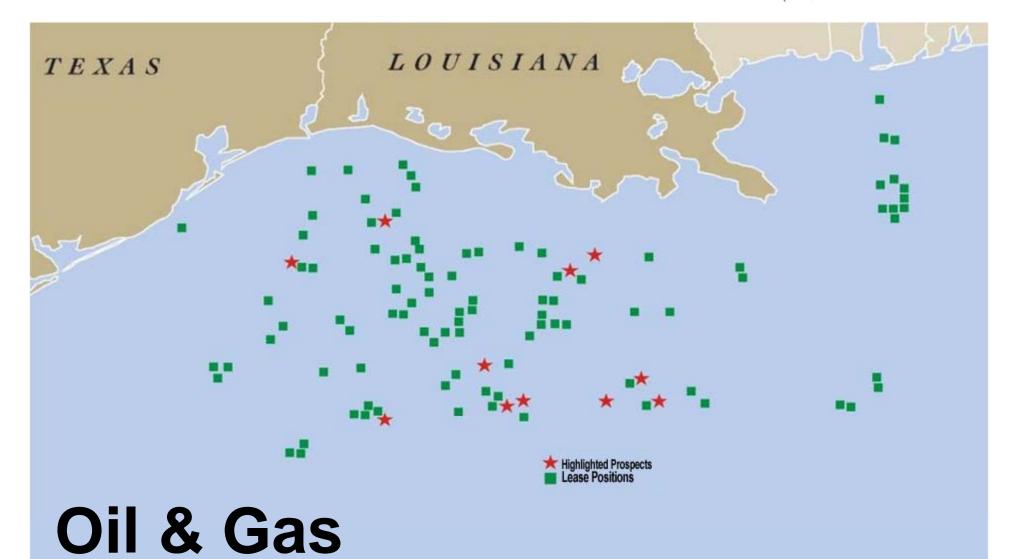


Recently served as a spill containment and production vessel at the BP Macondo spill site, and now producing hydrocarbons at Helix's Phoenix field Length: 161.5 m Displacement: 24,085 mT Accommodations: 80 persons Maximum Production capacities

- 60,000 bbl/d total liquids
- 45,000 bbl/d oil
- 72 mmscf/d gas







6/30/2010 Reserve Profile:

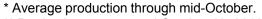
- 400 Bcfe
- ≈ 55% Deepwater GOM
- ≈ 43% proved developed
- ≈ 40% Oil
- PV-10 \$1.3 billion

Production Profile:

- October production of 125+ mmcfe/d*
- >55% of production is oil
- ≈ 60% of production is deepwater

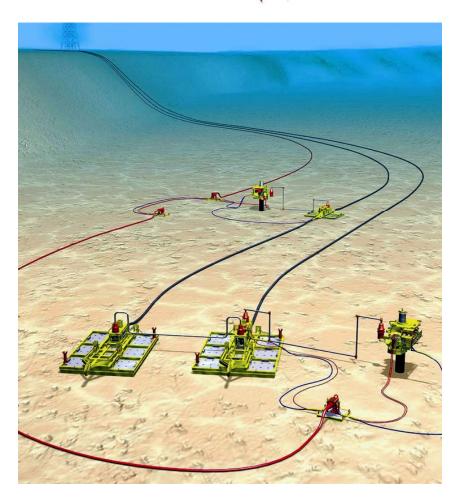
Current 2010 Production (net)

- Danny oil ≈ 2,600 boe/d
- Noonan ≈ 25+ mmcfe/d
- Phoenix est. at ~10,000+ boe/d by year end**



^{**} Production commenced October 19, 2010.

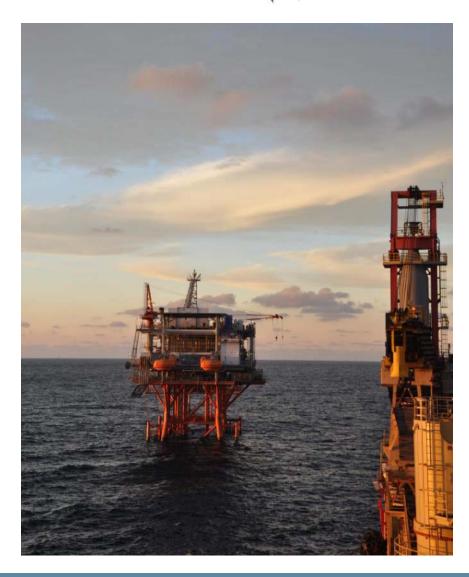






Helix Oil and Gas specializes in prospect generation, acquisition, exploration, development and production, employing its own key services and methodologies and working to lower finding and development costs relative to industry norms.

- Internal prospect generation via large, in-house 3-D seismic library
- Large, recent long offset 3-D seismic database,+1,500 blocks
- Experienced exploration/drilling/operations team - 25+ years avg
- 22 defined prospects, Helix is operator of 21
- Majority of prospects, if successful, are sub sea tie-backs
- Multiple, low risk prospects on or near existing Helix operated infrastructure





2010 Outlook

Well Enhancer testing new Coiled Tubing Intervention Unit in the North Sea

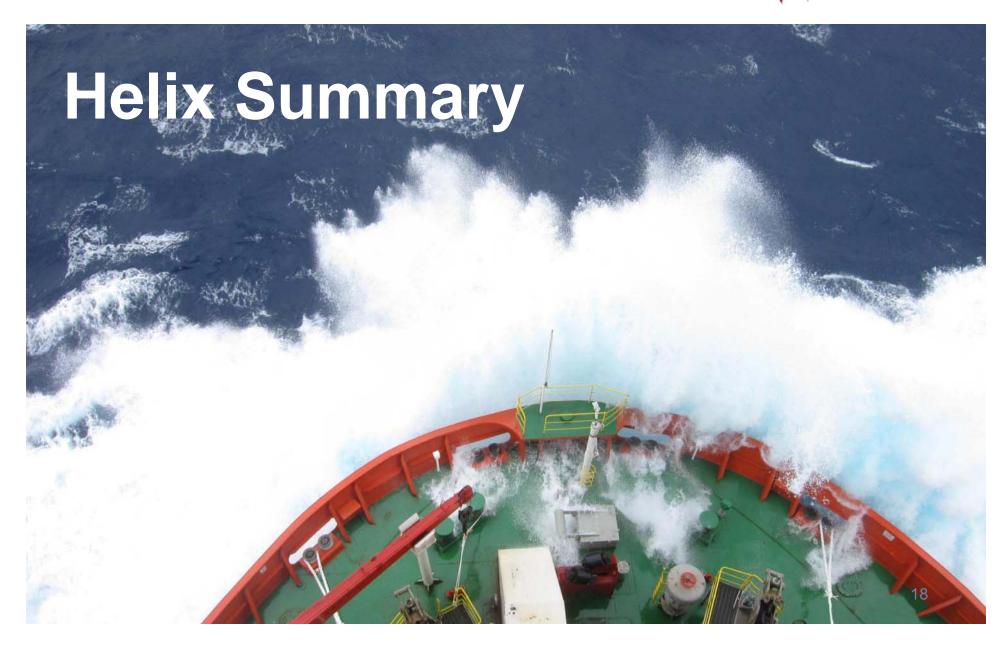


- Contracting Services activity in Q4 2010 expected to decline from Q3 2010 levels
 - Normal reduction due to seasonal factors
 - Helix Producer I returns mostly to internal utilization on Phoenix field
 - o Slower ROV construction-related activity
- Capital expenditures of approximately \$200 million expected for 2010
 - \$86 million relates to completion of major vessel projects
 - Oil and Gas capital expenditures of approximately \$80 million, excluding P&A of approximately \$60 million

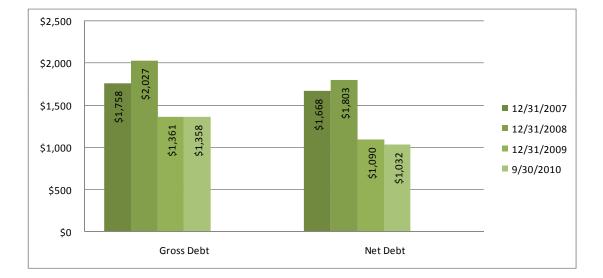


Broad Met	rics	2010 Forecast	2009						
Oil and Gas Pro	duction	≈ 45 Bcfe	44 Bcfe						
EBITDAX		≈ \$450 million	\$490 million						
CAPEX		≈ \$200 million	\$328 million						
Commodity Price Deck		2010 Forecast	2009						
	Oil	\$75.96/ bbl	\$67.11 / bbl						
Hedged	Gas	\$5.97 / mcf	\$7.75 / mcf						









Debt (A)

Liquidity (B) of approximately \$700 million at 9/30/10

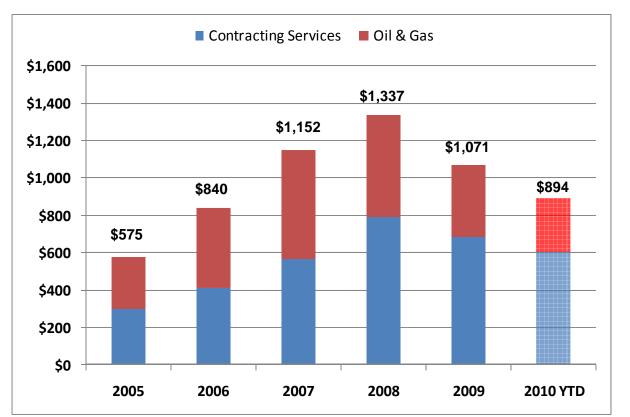
(A) Includes impact of unamortized debt discount under our Convertible Senior Notes.

(B) Liquidity as we define it is equal to cash and cash equivalents (\$325 million), plus available capacity under our revolving credit facility (\$374 million).



Credit Facilities, Commitments and Amortization

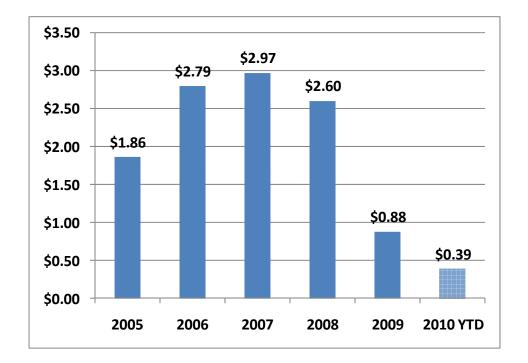
- **\$435 Million Revolving Credit Facility** UNDRAWN.
 - Facility extended to November 2012.
 - In July 2011, commitments reduced to \$410 million.
 - \$61 million of LCs in place.
- \$412 Million Term Loan B Committed facility through June 2013. \$4.3 million principal payments annually.
- \$550 Million High Yield Notes Interest only until maturity (January 2016) or called by Helix. First Helix call date is January 2012.
- \$300 Million Convertible Notes Interest only until put by noteholders or called by Helix. First put/call date is December 2012, although noteholders have the right to convert prior to that date if certain stock price triggers are met (\$38.56).
- \$115 Million MARAD Original 25 year term; matures February 2027. \$4.6 million principal payments annually.



(\$ amounts in millions)

Note: Excludes Cal Dive and Helix RDS revenues from 2005-2009. See Non-GAAP reconciliations on slides 25-27.

Earnings Per Share (a)



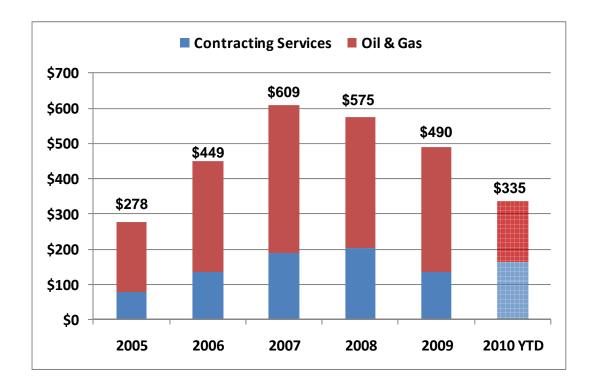
(a) See Non-GAAP reconciliations on slides 25-27.

- 2006 results exclude the impact of the gain on sale in the Cal Dive IPO and estimated incremental overhead costs during the year.
- 2007 results exclude the impact of the Cal Dive gain, impairments and other unusual items.
- 2008 results exclude non-cash charges of \$964 million for reduction in carrying values of goodwill and certain oil and gas properties.
- 2009 results exclude the impact of Cal Dive gains, impairments and other unusual items.
- 2010 results exclude impairments and other unusual items.

Significant Cash Generation – EBITDAX



(\$ amounts in millions)



-2006 results exclude the impact of the gain on sale in the Cal Dive IPO and estimated incremental overhead costs during the year.

-2007 results exclude the impact of the Cal Dive gain, impairments and other unusual items.

-2008 results exclude non-cash impairments.

-2009 results exclude non-cash impairments and impact of Cal Dive gains.

-2010 results exclude non-cash impairments.

(a) See Non-GAAP reconciliations on slides 25-27.



Non-GAAP Reconciliations



	2	2005		2006		<u>2007</u>		<u>2008</u>		2009	YTD	9/30/2010
					(in m		nillions)					
Net income (loss) applicable to common shareholders	\$	150	\$	340	\$	312	\$	(639)	\$	102	\$	(77)
Non-cash impairments		1		5		73		918		72		172
Gain on asset sales		(1)		(99)		(148)		(73)		(87)		(6)
Preferred stock dividends		2		3		4		3		54		-
Income tax provision (benefit)		75		131		103		67		86		(42)
Net interest expense and other		8		41		64		101		48		64
Depreciation and amortization		111		193		320		306		247		222
Exploration expense		6		43		27		33		24		2
EBITDAX as reported	\$	352	\$	657	\$	755	\$	716	\$	546	\$	335
Less: Previously reported contribution												
from Cal Dive		(74)		(208)		(146)		(141)		(56)		-
Adjusted EBITDAX	\$	278	\$	449	\$	609	\$	575	\$	490	\$	335

We calculate adjusted EBITDAX as earnings before net interest expense, taxes, depreciation and amortization, and exploration expense. Further, we do not include earnings from our interest in Cal Dive in any periods presented in our adjusted EBITDAX calculation. These non-GAAP measures are useful to investors and other internal and external users of our financial statements in evaluating our operating performance because they are widely used by investors in our industry to measure a company's operating performance without regard to items which can vary substantially from company to company and help investors meaningfully compare our results from period to period. Adjusted EBITDAX should not be considered in isolation or as a substitute for, but instead is supplemental to, income from operations, net income or other income data prepared in accordance with GAAP. Non-GAAP financial measures should be viewed in addition to, and not as an alternative to our reported results prepared in accordance with GAAP. Users of this financial information should consider the types of events and trasactions which are excluded.



Reconciliation to Normalized EPS:	<u>2005</u>	<u>2006</u> (in millio	2007 ons, except e		008 per share	2009)	<u>YT</u> [<u>0 9/30/2010</u>
Net income (loss) applicable to common shareholders Preferred stock dividends and accretion Gain on subsidiary equity transaction (Cal Dive) Goodwill and other intangible impairments Other non-recurring items	\$ 150 \$ 2 - - -	340 3 (97) - 5	\$ 312 4 (99 - 70	·	(639) \$ - - 715 161	102 1 (50) - 41	\$	(77) - - - 118
Net income, excluding non-cash gains on Cal Dive equity transactions and other unusual items	\$ 152 \$	251	\$ 287	\$	237 \$	94	\$	41
Diluted Shares	82	90	96	;	91	106		106
Normalized EPS	\$ 1.86 \$	2.79	\$ 2.97	\$	2.60 \$	0.88	\$	0.39



	2	<u>2005</u>	<u>2006</u>		<u>2007</u>	<u>2008</u>			<u>2009</u>	YTC	TD 9/30/2010	
					(in millio	ons)						
Revenue As Reported Less: Cal Dive	\$	794 (219)	\$ 1,328 (488)	\$	1,732 (580)	\$	2,114 (777)	\$	1,462 (391)	\$	894	
Less. Gai Dive		(219)	(400)		(560)		(777)		(391)		-	
Helix ESG Revenues	\$	575	\$ 840	\$	1,152	\$	1,337	\$	1,071	\$	894	



