

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0001775345
Filer CCC XXXXXXXXX
Is this a LIVE or TEST Filing? LIVE TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer HELIX ENERGY SOLUTIONS GROUP INC
SEC File Number 001-32936
Address of Issuer 3505 W SAM HOUSTON NORTH
SUITE 400
HOUSTON
TEXAS
77043
Phone 281-618-0400
Name of Person for Whose Account the Securities are To Be Sold Neikirk Kenneth English

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Officer

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Fidelity Brokerage Services LLC 900 Salem Street Smithfield RI 02917	51379	471139.59	152103502	12/30/2024	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition	Name of Person from	Is this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *
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	Transaction	Whom Acquired	a Gift?	Acquired	Acquired	
Common	12/31/2007 ESPP Purchase	Issuer	<input type="checkbox"/>	235	12/31/2007	Cash
Common	04/16/2008 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	167	04/16/2008	Compensation
Common	06/30/2008 ESPP Purchase	Issuer	<input type="checkbox"/>	242	06/30/2008	Cash
Common	12/31/2008 ESPP Purchase	Issuer	<input type="checkbox"/>	159	12/31/2008	Cash
Common	01/02/2009 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	291	01/02/2009	Compensation
Common	04/16/2009 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	167	04/16/2009	Compensation
Common	01/02/2010 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	616	01/02/2010	Compensation
Common	04/16/2010 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	168	04/16/2010	Compensation
Common	01/02/2011 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	634	01/02/2011	Compensation
Common	01/04/2011 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	466	01/04/2011	Compensation
Common	04/16/2011 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	167	04/16/2011	Compensation
Common	01/03/2012 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1776	01/03/2012	Compensation
Common	01/04/2012 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	467	01/04/2012	Compensation
Common	04/16/2012 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	168	04/16/2012	Compensation
Common	01/02/2013 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	616	01/02/2013	Compensation
Common	01/03/2013 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	2529	01/03/2013	Compensation
Common	01/04/2013 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	453	01/04/2013	Compensation
Common	08/30/2013 ESPP Purchase	Issuer	<input type="checkbox"/>	377	08/30/2013	Cash
Common	01/02/2014 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	324	01/02/2014	Compensation
Common	01/03/2014 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1109	01/03/2014	Compensation
Common	01/06/2014 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	453	01/06/2014	Compensation
Common	04/30/2014 ESPP Purchase	Issuer	<input type="checkbox"/>	174	04/30/2014	Cash
Common	08/31/2014 ESPP Purchase	Issuer	<input type="checkbox"/>	390	08/31/2014	Cash
Common	12/31/2014 ESPP Purchase	Issuer	<input type="checkbox"/>	422	12/31/2014	Cash
Common	01/03/2015 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1109	01/03/2015	Compensation
Common	01/04/2015 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	453	01/04/2015	Compensation
Common	04/30/2015 ESPP Purchase	Issuer	<input type="checkbox"/>	494	04/30/2015	Cash
Common	08/31/2015 ESPP Purchase	Issuer	<input type="checkbox"/>	874	08/31/2015	Cash
Common	01/02/2016 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	775	01/02/2016	Compensation
Common	01/03/2016 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1109	01/03/2016	Compensation
Common	01/02/2017 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	607	01/02/2017	Compensation
Common	01/04/2017 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	2507	01/04/2017	Compensation
Common	01/02/2018 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	607	01/02/2018	Compensation
Common	01/03/2018 Restricted Stock	Issuer	<input type="checkbox"/>	1494	01/03/2018	Compensation

		Vesting				
Common	01/04/2018	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	2507	01/04/2018 Compensation
Common	01/03/2019	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1937	01/03/2019 Compensation
Common	01/04/2019	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	3248	01/04/2019 Compensation
Common	01/01/2020	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	11967	01/01/2020 Compensation
Common	01/03/2020	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1937	01/03/2020 Compensation
Common	01/02/2021	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	7184	01/02/2021 Compensation

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report

144: Remarks and Signature

Remarks

Date of Notice 12/30/2024

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/Wade Moss, as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for Kenneth E. Neikirk

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)