

CAMMAKER SHELDON I
Form 4
December 17, 2010

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
CAMMAKER SHELDON I

2. Issuer Name and Ticker or Trading Symbol
EMCOR GROUP INC [EME]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
301 MERRITT SEVEN

(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
12/15/2010

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
EVP, Gen Counsel & Secretary

NORWALK, CT 06851

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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	Price	
Common Stock	12/15/2010		M		10,000	A \$ 10.425	55,472 D
Common Stock	12/15/2010		S		500	D \$ 29.432	54,972 D
Common Stock	12/15/2010		S		1,500	D \$ 29.45	53,472 D
Common Stock	12/15/2010		S		2,000	D \$ 29.4	51,472 D
Common Stock	12/15/2010		S		500	D \$ 29.6227	50,972 D

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Common Stock	12/15/2010	S	500	D	\$ 29.64	50,472	D
Common Stock	12/15/2010	S	500	D	\$ 29.4501	49,972	D
Common Stock	12/15/2010	S	2,000	D	\$ 29.48	47,972	D
Common Stock	12/15/2010	S	500	D	\$ 29.43	47,472	D
Common Stock	12/15/2010	S	500	D	\$ 29.4865	46,972	D
Common Stock	12/15/2010	S	500	D	\$ 29.46	46,472	D
Common Stock	12/15/2010	S	1,000	D	\$ 29.47	45,472	D

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

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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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)		
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
						Code	V (A) (D)		
Employee Stock Option (right to buy)	\$ 10.425	12/15/2010		M	10,000	12/14/2001	12/13/2011	Common Stock	10,000

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

CAMMAKER SHELDON I
301 MERRITT SEVEN
NORWALK, CT 06851

EVP, Gen Counsel & Secretary

Signatures

Sheldon I.
Cammaker

12/17/2010

 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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