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EMCOR GROUP	INC									
March 07, 2006										
FORM 4			anau			antinar			PPROVAL	
	UNITED	STATES		RITIES A shington			E COMMISSIO	N OMB Number:	3235-028	57
Check this box if no longer subject toSTATEMENT OF CHANGES IN BENEFICIAL SECURITIESSection 16. Form 4 or Form 5SECURITIESFiled pursuant to Section 16(a) of the Securities Ex						Estimated average burden hours per response 0.)5	
obligations	-	a) of the H	Public U	tility Hol	ding Cor		of 1935 or Secti			
(Print or Type Respons	es)									
1. Name and Address of Reporting Person <u>*</u> MACINNIS FRANK T			2. Issuer Name and Ticker or Trading Symbol EMCOR GROUP INC [EME]				5. Relationship of Reporting Person(s) to Issuer			
(Last) (Fi	irst) (I	Middle)		f Earliest T	-		(Check all applicable)			
301 MERRITT SEVEN			(Month/Day/Year) 03/06/2006			X Director 10% Owner X Officer (give title Other (specify below) below) Chairman & CEO				
(Street)			4. If Amendment, Date Original 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 				
NORWALK, CT	06851						Person		oporting	
(City) (St	ate)	(Zip)	Tab	le I - Non-l	Derivative	Securities A	Acquired, Disposed	of, or Beneficia	lly Owned	
	saction Date /Day/Year)	2A. Deeme Execution any (Month/Da	Date, if	3. Transactio Code (Instr. 8) Code V	Disposed (Instr. 3, 4	(A) or of (D)	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)	
Reminder: Report on a	separate line	for each cla	ass of secu	urities bene	ficially ow	ned directly	or indirectly.			
					Perso inform requir	ons who res nation cont red to resp ays a curre	spond to the colle tained in this forn ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)	

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onof Derivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security	(Month/Day/Yea	ar) (Instr. 8)	Acquired (A) or Disposed (D) (Instr. 3, and 5)	l of				
			Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Stock	<u>(1)</u>	03/06/2006	А	9,733		03/06/2008(2)	03/06/2008	Common Stock	9,733

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
MACINNIS FRANK T 301 MERRITT SEVEN NORWALK, CT 06851	Х		Chairman & CEO				

Signatures

Frank T. MacInnis	03/07/2006		
<u>**</u> 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).

- (1) One-for-one.
- (2) Earlier if employment is terminated or if there is a change of control.

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.