EMCOR GROUP INC

Form 4 March 16, 2006

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to Section 16. Form 4 or Form 5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

obligations may continue. See Instruction 1(b).

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)

(Last)

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

(First)

(Street)

(Middle)

2. Issuer Name and Ticker or Trading

Symbol

EMCOR GROUP INC [EME]

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

03/15/2006

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

5. Relationship of Reporting Person(s) to

OMB

Number:

Expires:

response...

Estimated average

burden hours per

OMB APPROVAL

3235-0287

January 31,

2005

0.5

Issuer

(Check all applicable)

Director 10% Owner Other (specify _X__ Officer (give title below)

EVP, Gen Counsel & Secretary

6. Individual or Joint/Group Filing(Check

Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

Person

NORWALK, CT 06851

301 MERRITT SEVEN

(City)	(State)	(Zip) Tabl	le I - Non-I	Derivative	Secur	ities Acqu	uired, Disposed of	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5)		5. Amount of Securities Ownership Beneficially Form: Direct Owned (D) or Following Indirect (I) Reported (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	or	Price	Transaction(s) (Instr. 3 and 4)		
Common Stock	03/15/2006		M	20,000	A	\$ 10	49,762	D	
Common Stock	03/15/2006		S	2,000	D	\$ 47.03	47,762	D	
Common Stock	03/15/2006		S	1,000	D	\$ 47.04	46,762	D	
Common Stock	03/15/2006		S	1,000	D	\$ 47.05	45,762	D	
Common Stock	03/15/2006		S	1,000	D	\$ 47.09	44,762	D	

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Common Stock	03/15/2006	S	1,000	D	\$ 47.15 43,762	D
Common Stock	03/15/2006	S	2,000	D	\$ 47.18 41,762	D
Common Stock	03/15/2006	S	1,000	D	\$ 47.21 40,762	D
Common Stock	03/15/2006	S	1,000	D	\$ 47.3 39,762	D
Common Stock	03/15/2006	S	900	D	\$ 47.32 38,862	D
Common Stock	03/15/2006	S	1,000	D	\$ 47.39 37,862	D
Common Stock	03/15/2006	S	1,000	D	\$ 47.4 36,862	D
Common Stock	03/15/2006	S	1,000	D	\$ 47.43 35,862	D
Common Stock	03/15/2006	S	1,000	D	\$ 47.47 34,862	D
Common Stock	03/15/2006	S	100	D	\$ 47.48 34,762	D
Common Stock	03/15/2006	S	1,000	D	\$ 47.55 33,762	D
Common Stock	03/15/2006	S	1,000	D	\$ 47.58 32,762	D
Common Stock	03/15/2006	S	2,000	D	\$ 47.6 30,762	D
Common Stock	03/15/2006	S	1,000	D	\$ 29,762 (1)	D

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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 of	6. Date Exercisable and	7. Title and Amount of	
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	TransactionDerivative		Expiration Date	Underlying Securities	
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired (A)			
	Derivative				or Disposed of			
	Security				(D)			
	•				(Instr. 3, 4,			

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and 5)

Code V (A) (D) Date Expiration Title Amount Exercisable Date or

Number of Shares

20,000

Employee

Stock

Option \$ 10 03/15/2006 M 20,000 01/02/1999 01/01/2008 Common Stock

(right to buy) (2)

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 03/16/2006

**Signature of Date
Reporting Person

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) Includes shares issuable in respect of restricted stock units.
- (2) Derivative security is an employee stock option.

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.

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