EMCOR GROUP INC

Form 4 May 04, 2007

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

5. Relationship of Reporting Person(s) to

Issuer

January 31, 2005

0.5

Estimated average burden hours per

OMB APPROVAL

response...

if no longer subject to Section 16. Form 4 or Form 5 obligations may continue.

Check this box

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

2. Issuer Name and Ticker or Trading

Symbol

1(b).

Common

Stock

05/03/2007

(Print or Type Responses)

MACINNIS FRANK T

1. Name and Address of Reporting Person *

See Instruction

			EMCOR GROUP INC [EME]					(Check all applicable)			
			of Earliest Transaction /Day/Year) /2007					_X_ Director 10% Owner _X_ Officer (give title Other (specify below) Chairman & CEO			
(Street) 4. If Amendment, Date Original Filed(Month/Day/Year) NORWALK, CT 06851							6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned										
1.Title of Security (Instr. 3)	2. Transaction E (Month/Day/Ye	ar) Execution	med on Date, if Day/Year)	3. Transact Code (Instr. 8)	tion	4. Securities Acquired or(A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price			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)
Common Stock	05/03/2007			M		32,400	A	\$ 9.875	260,583	D	
Common Stock	05/03/2007			S		5,000	D	\$ 63.65	255,583	D	
Common Stock	05/03/2007			S		2,500	D	\$ 63.67	253,083	D	
Common Stock	05/03/2007			S		400	D	\$ 63.69	252,683	D	

S

2,700

D

\$ 63.7 249,983

D

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Common Stock	05/03/2007	S	2,500	D	\$ 63.77	247,483	D
Common Stock	05/03/2007	S	400	D	\$ 63.79	247,083	D
Common Stock	05/03/2007	S	500	D	\$ 63.81	246,583	D
Common Stock	05/03/2007	S	2,500	D	\$ 63.84	244,083	D
Common Stock	05/03/2007	S	1,400	D	\$ 63.85	242,683	D
Common Stock	05/03/2007	S	4,000	D	\$ 63.88	238,683	D
Common Stock	05/03/2007	S	3,000	D	\$ 63.9	235,683	D
Common Stock	05/03/2007	S	800	D	\$ 63.95	234,883	D
Common Stock	05/03/2007	S	2,800	D	\$ 64	232,083	D
Common Stock	05/03/2007	S	1,700	D	\$ 64.05	230,383	D
Common Stock	05/03/2007	S	2,200	D	\$ 64.12	228,183 (1)	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. Transactic Code (Instr. 8)			6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock	\$ 9.875	05/03/2007		M		32,400	(2)	11/20/2007	Common Stock	32,400

Options (right to buy)

Reporting Owners

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

Signatures

Frank T.

MacInnis

**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) Includes shares issuable in respect of restricted stock units.
- Options became exercisable in four equal installments, on the dates that the closing price on the New York Stock Exchange of a share of common stock of the Company (the "Common Stock") hit the following target prices: \$12.50; \$15.00; \$17.50; and \$20.00 (in each case, as adjusted for the 2-for-1 stock split of the Common Stock effected February 10, 2006).

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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