

EMCOR GROUP INC
Form 4
March 16, 2006

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

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

(Street)

NORWALK, CT 06851

(City) (State) (Zip)

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 Issuer

(Check all applicable)

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

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

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 or Price		
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	\$ 47.65	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.

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(9-02)

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,	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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and 5)

	Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Employee Stock Option (right to buy) ⁽²⁾		\$	10	03/15/2006	M	20,000	01/02/1999 01/01/2008	Common Stock	20,000

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

03/16/2006

 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.

(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.

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