

EMCOR GROUP INC
Form 4
March 30, 2005

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 *
MACINNIS FRANK T

(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)
03/28/2005

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)
Chairman & CEO

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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	03/28/2005		M		155,717 A \$ 4.75	228,120	D
Common Stock	03/28/2005		F		15,478 (1) D \$ 47.79	212,642	D
Common Stock	03/28/2005		S		200 D \$ 47.71	212,442	D
Common Stock	03/28/2005		S		1,000 D \$ 47.76	211,442	D
Common Stock	03/28/2005		S		1,300 D \$ 47.79	210,142	D

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Common Stock	03/28/2005	S	18,500	D	\$ 47.8	191,642	D
Common Stock	03/28/2005	S	400	D	\$ 47.82	191,242	D
Common Stock	03/28/2005	S	200	D	\$ 47.84	191,042	D
Common Stock	03/28/2005	S	400	D	\$ 47.85	190,642	D
Common Stock	03/28/2005	S	300	D	\$ 47.88	190,342	D
Common Stock	03/28/2005	S	3,800	D	\$ 47.9	186,542	D
Common Stock	03/28/2005	S	1,100	D	\$ 47.92	185,442	D
Common Stock	03/28/2005	S	300	D	\$ 47.93	185,142	D
Common Stock	03/28/2005	S	1,100	D	\$ 47.95	184,042	D
Common Stock	03/28/2005	S	200	D	\$ 47.97	183,842	D
Common Stock	03/28/2005	S	100	D	\$ 47.99	183,742	D
Common Stock	03/28/2005	S	800	D	\$ 48	182,942	D
Common Stock	03/28/2005	S	2,400	D	\$ 48.01	180,542	D
Common Stock	03/28/2005	S	4,500	D	\$ 48.02	176,042	D
Common Stock	03/28/2005	S	100	D	\$ 48.03	175,942	D
Common Stock	03/28/2005	S	100	D	\$ 48.04	175,842	D
Common Stock	03/28/2005	S	100	D	\$ 48.09	175,742	D
Common Stock	03/28/2005	S	700	D	\$ 48.1	175,042 ⁽²⁾	D

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

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(9-02)

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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 Security (Instr. 3 and 4)
Employee Stock Options (right to buy) ⁽³⁾	\$ 4.75	03/28/2005		M	155,717	04/05/1998 ⁽⁴⁾ 04/04/2005	Common Stock 155

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
03/30/2005
Date

**Signature of 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) These shares were delivered to the Company as payment for the shares acquired upon exercise of the stock options.
- (2) Includes shares issuable in respect of restricted stock units granted pursuant to the Company's Executive Stock Bonus Plan.
- (3) Derivative security is an employee stock option.
- (4) The option became exercisable in three equal installments on April 5, 1996, April 5, 1997, and April 5, 1998.

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.