HELIX ENERGY SOLUTIONS GROUP INC Form 8-K December 07, 2016		
UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549		
Form 8-K		
CURRENT REPORT Pursuant to Section 13 or 15(d) of the Securities Ex	schange Act of 1934	
Date of Report (Date of earliest event reported): De	ecember 6, 2016	
Helix Energy Solutions Group, Inc. (Exact name of registrant as specified in its charter))	
Minnesota (State or other jurisdiction of incorporation)	001-32936 (Commission File Number)	95-3409686 (IRS Employer Identification No.)
3505 West Sam Houston Parkway North, Suite 400 Houston, Texas (Address of principal executive offices)	281-618-0400 (Registrant's telephone numbe including area code)	77043 (Zip Code) r,
Check the appropriate box below if the Form 8-K f the registrant under any of the following provisions		
_ Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)		
_ Soliciting material pursuant to Rule 14a-12 unde	er the Exchange Act (17 CFR 24	40.14a-12)
_ Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))		

|_| Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01 Regulation FD Disclosure.

Helix Energy Solutions Group, Inc. (the "Company") is furnishing this report to disclose an updated Company presentation to be used, or the basis of which will be used, in communications with investors as well as at investor conferences, including the upcoming Capital One Energy Conference on December 7, 2016. Notably in the presentation materials (page 19) the Company is reducing its 2016 forecast for revenues and adjusted EBITDA as a result of a delay in the expected commercial start-up of the Petrobras contract for the Siem Helix 1 vessel due to the Company continuing to work through the Petrobras inspection and approval process, as well as having experienced some downtime on the Q5000 vessel.

The presentation materials are attached hereto as Exhibit 99.1 and incorporated by reference herein. The presentation materials will also be posted in the Presentations section under Investor Relations on the Company's website, www.HelixESG.com.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits.

Number Description

Materials to be used in communications and at the conferences.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Date: December 6, 2016

HELIX ENERGY SOLUTIONS GROUP, INC.

By:/s/ Alisa B. Johnson
Alisa B. Johnson
Executive Vice President and General Counsel

Index to Exhibits

Number Description

Materials to be used in communications and at the conferences.