

EMCOR GROUP INC

Form 4

July 31, 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
obligations
may continue.
See Instruction
1(b).

**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

OMB APPROVAL

OMB
Number: 3235-0287
Expires: January 31,
2005
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(Print or Type Responses)

1. Name and Address of Reporting Person *
CAMMAKER SHELTON 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)
07/28/2006

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

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

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	(A) or (D)	Price
Common Stock	07/28/2006		M		20,000	A	\$ 8.095
Common Stock	07/28/2006		S		1,300	D	\$ 50
Common Stock	07/28/2006		S		100	D	\$ 50.01
Common Stock	07/28/2006		S		600	D	\$ 50.1
Common Stock	07/28/2006		S		100	D	\$ 50.11

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Common Stock	07/28/2006	S	1,300	D	\$ 50.12	46,362	D
Common Stock	07/28/2006	S	300	D	\$ 50.13	46,062	D
Common Stock	07/28/2006	S	1,300	D	\$ 50.15	44,762	D
Common Stock	07/28/2006	S	700	D	\$ 50.27	44,062	D
Common Stock	07/28/2006	S	100	D	\$ 50.38	43,962	D
Common Stock	07/28/2006	S	100	D	\$ 50.39	43,862	D
Common Stock	07/28/2006	S	100	D	\$ 50.44	43,762	D
Common Stock	07/28/2006	S	100	D	\$ 50.45	43,662	D
Common Stock	07/28/2006	S	600	D	\$ 50.46	43,062	D
Common Stock	07/28/2006	S	500	D	\$ 50.47	42,562	D
Common Stock	07/28/2006	S	600	D	\$ 50.48	41,962	D
Common Stock	07/28/2006	S	300	D	\$ 50.49	41,662	D
Common Stock	07/28/2006	S	2,500	D	\$ 50.5	39,162	D
Common Stock	07/28/2006	S	100	D	\$ 50.51	39,062	D
Common Stock	07/28/2006	S	700	D	\$ 50.52	38,362	D
Common Stock	07/28/2006	S	100	D	\$ 50.53	38,262	D
Common Stock	07/28/2006	S	600	D	\$ 50.55	37,662	D
Common Stock	07/28/2006	S	300	D	\$ 50.56	37,362	D
Common Stock	07/28/2006	S	1,900	D	\$ 50.57	35,462	D
Common Stock	07/28/2006	S	200	D	\$ 50.58	35,262	D
	07/28/2006	S	400	D		34,862	D

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Common Stock					\$ 50.59		
Common Stock	07/28/2006	S	700	D	\$ 50.6	34,162	D
Common Stock	07/28/2006	S	200	D	\$ 50.61	33,962	D
Common Stock	07/28/2006	S	200 ⁽¹⁾	D	\$ 50.62	33,762 ⁽²⁾	D

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

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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 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 Securities (Instr. 3 and 4)
Employee Stock Option (right to buy) ⁽³⁾	\$ 8.095	07/28/2006		M	20,000	01/04/2000 01/03/2009	Common Stock 20,000

Reporting Owners

Reporting Owner Name / Address	Relationships
CAMMAKER SHELDON I 301 MERRITT SEVEN NORWALK, CT 06851	Director 10% Owner Officer Other EVP, Gen Counsel & Secretary

Signatures

Sheldon I. Cammaker 07/31/2006

__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) Transactions are continued on a separate Form 4 filed contemporaneously herewith.
- (2) Includes shares issuable in respect of restricted stock units.
- (3) 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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