



Helix to Review Second Quarter Results With Investors

July 20, 2006

HOUSTON, July 20 /PRNewswire-FirstCall/ -- Helix Energy Solutions Group, Inc. (NYSE: HLX) will conduct a conference call regarding its financial and operational results for the second quarter of 2006 on Wednesday, August 2, 2006, at 9:00 a.m. Central Daylight Time. A press release summarizing these results is planned for distribution on Tuesday, August 1, 2006, after the market closes.

Investors will be able to obtain the slide presentation and listen to the live conference call broadcast from the Investor Relations page at <http://www.HelixESG.com> . A replay will be available by selecting the Audio Archives link from the same page.

Helix Energy Solutions, headquartered in Houston, Texas, is an energy services company that provides innovative solutions to the oil and gas industry worldwide for marginal field development, alternative development plans, field life extension and abandonment, with service lines including diving services, shelf and deepwater construction, robotics, well operations, well engineering and subsurface consulting services, platform ownership and oil and gas production.

Source: Helix Energy Solutions Group, Inc.