

Helix Energy Solutions Appoints Vice President of Capital Projects

January 16, 2007

HOUSTON, Jan. 16 /PRNewswire-FirstCall/ -- Helix Energy Solutions (NYSE: HLX) announced today that Mike McEvilly has joined Helix as its Vice President of Capital Projects.

Mike McEvilly has over twenty-five years of project management experience in the offshore oil & gas industry. He has been instrumental in the success of many groundbreaking deepwater projects in the Gulf of Mexico, like the Marco Polo Tension Leg Platform, the Independence Hub Semi-Submersible and a large number of deepwater and ultra-deepwater tie-back projects. Mike is a Professional Engineer and has a Master of Science degree in Engineering Management and a Bachelor of Science degree in Civil Engineering from the University of Missouri-Rolla.

In this new position Mike will lead Helix's Capital Projects department and will be responsible for the successful execution of key projects, such as the Phoenix field development using the first ship-shaped floating production unit in the Gulf of Mexico, the conversion of the Caesar vessel into a state-of-the-art S-Lay vessel, the construction of Helix's second monohull well intervention vessel and the design of a new deepwater drilling semi-submersible, the H4500.

Bart Heijermans, Executive Vice President and Chief Operating Officer of Helix commented, "We are thrilled that Mike has decided to join our company. His wealth of experience in deepwater projects will benefit both our oil and gas projects and our marine projects. Mike will head up a strong team of employees and consultants with experience in the design and construction of drillships, deepwater platforms, floating production units, construction and well intervention vessels. Helix has been successful in attracting an excellent team of experienced and respected oil and gas professionals who are working hard on the execution of our growth projects."

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 exploration and production.

FORWARD-LOOKING STATEMENTS

This press release and attached presentation contain forward-looking statements that involve risks, uncertainties and assumptions that could cause our results to differ materially from those expressed or implied by such forward-looking statements. All statements, other than statements of historical fact, are statements that could be deemed "forward-looking statements" within the meaning of the Private Securities Litigation Reform Act of 1995, including, without limitation, any projections of revenue, gross margin, expenses, earnings or losses from operations, or other financial items; future production volumes, results of exploration, exploitation, development, acquisition and operations expenditures, and prospective reserve levels of property or wells; any statements of the plans, strategies and objectives of management for future operations; any statement concerning developments, performance or industry rankings relating to services; any statements regarding future economic conditions or performance; any statements of expectation or belief; and any statements of assumptions underlying any of the foregoing. The risks, uncertainties and assumptions referred to above include the performance of contracts by suppliers, customers and partners; employee management issues; complexities of global political and economic developments, geologic risks and other risks described from time to time in our reports filed with the Securities and Exchange Commission ("SEC"), including the Company's Annual Report on Form 10-K for the year ending December 31, 2005 and subsequent quarterly reports on Form 10-Q. We assume no obligation and do not intend to update these forward-looking statements.

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