



Helix to Present at Howard Weil Conference

March 27, 2007

HOUSTON, March 27, 2007 /PRNewswire-FirstCall via COMTEX News Network/ -- Helix Energy Solutions (NYSE: HLX) will discuss its strategy and expectations for 2007 on Wednesday, April 4, 2007 at Howard Weil Conference in New Orleans, Louisiana.

The presentation will begin at 10:45 a.m. (Central Time). The slides will be available on the Helix website, <http://www.HelixESG.com> , by first clicking "Investor Relations" and then "Presentations".

Helix Energy Solutions, headquartered in Houston, Texas, is an international offshore energy company that provides development solutions and other key life of field services to the open energy market as well as to our own oil and gas business unit. That business unit is a prospect generation, exploration, development and production entity. Employing our own key services and methodologies, we seek to lower finding and development costs, relative to industry norms.

SOURCE Helix Energy Solutions

Wade Pursell, Chief Financial Officer of Helix Energy Solutions, +1-281-618-0400, or fax, +1-281-618-0505