



Helix to Present at Capital One Southcoast 2010 Energy Conference

November 30, 2010

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Helix Energy Solutions Group, Inc. (NYSE: HLX) - announced today that it will be participating in the Capital One Southcoast 2010 Energy Conference at the Omni Royal Orleans Hotel in New Orleans, Louisiana, on Wednesday, December 8 at 11:00 a.m. Central Time.

(Logo: <http://photos.prnewswire.com/prnh/20100128/HELIXLOGO>)

The slides for the presentation will be posted to the company's website prior to the conference. A live audio feed of the presentation and replay will also be publicly available. These materials may be accessed on the Investor Relations page of the Company's website, www.HelixESG.com.

Helix Energy Solutions Group, headquartered in Houston, Texas, is an international offshore energy company that provides development solutions and other key life of field services to the energy market as well as to our own oil and gas business unit.

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