

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

Form 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): July 29, 2019 (July 23, 2019)



HELIX ENERGY SOLUTIONS GROUP INC

(Exact name of registrant as specified in its charter)

Minnesota
(State or other jurisdiction
of incorporation)

001-32936
(Commission
File Number)

95-3409686
(IRS Employer
Identification No.)

3505 West Sam Houston Parkway North

Suite 400

Houston, Texas

(Address of principal executive offices)

77043

(Zip Code)

Registrant's telephone number, including area code 281-618-0400

NOT APPLICABLE

(Former name, former address and former fiscal year, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Securities registered pursuant to Section 12(b) of the Act:

Title of each class	Trading Symbol(s)	Name of each exchange on which registered
Common Stock	HLX	New York Stock Exchange

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

Emerging growth company

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act.

Item 5.02. Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

(d) At its meeting on July 23, 2019, the Board of Directors of Helix Energy Solutions Group, Inc. ("Helix"), pursuant to Helix's By-Laws, increased the size of the Helix Board from seven to eight directors, and also elected Amy Nelson as a director, both to be effective August 1, 2019. Ms. Nelson will serve as a Class III director whose term will expire at Helix's next annual shareholder meeting. Ms. Nelson also was appointed by the Helix Board to serve on the Board's Audit Committee. Ms. Nelson was not selected as a director pursuant to any arrangements or understandings between Ms. Nelson, Helix or any other person. In addition, there are no related party transactions between Helix and Ms. Nelson or her immediate family.

In connection with her appointment and consistent with Helix's current independent director compensation program, concurrently with the effectiveness of her election on August 1, 2019 Ms. Nelson will be awarded shares of restricted Helix common stock. The number of shares will be determined based on the closing price of Helix common stock on August 1, 2019 and will vest on the one-year anniversary of the date of the grant. For her service on the Helix Board and its committees, Ms. Nelson will also receive retainer and other fees in accordance with Helix's independent director compensation program.

Item 7.01. Regulation FD Disclosure.

Additional information with regard to Ms. Nelson is included in the press release attached hereto as exhibit 99.1.

Item 9.01. Financial Statements and Exhibits.

(d) *Exhibits.*

<u>Exhibit Number</u>	<u>Description</u>	<u>Exhibit Location</u>
99.1	Press Release of Helix Energy Solutions Group, Inc. dated July 29, 2019 announcing the appointment of Amy Nelson.	Furnished herewith
101.INS	XBRL Instance Document.	The instance document does not appear in the Interactive Data File because its XBRL tags are embedded within the Inline XBRL document
101.SCH	XBRL Schema Document.	Filed herewith
101.CAL	XBRL Calculation Linkbase Document.	Filed herewith
101.PRE	XBRL Presentation Linkbase Document.	Filed herewith
101.DEF	XBRL Definition Linkbase Document.	Filed herewith
101.LAB	XBRL Label Linkbase Document.	Filed herewith

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Date: July 29, 2019

HELIX ENERGY SOLUTIONS GROUP,
INC.

By: /s/ Kenneth E. Neikirk

Kenneth E. Neikirk
Senior Vice President, General
Counsel and Corporate Secretary



PRESSRELEASE
www.HelixESG.com

Helix Energy Solutions Group, Inc. · 3505 W. Sam Houston Parkway N., Suite 400 · Houston, TX 77043 · 281-618-0400 · fax: 281-618-0505

For Immediate Release

19-010

Date: July 29, 2019

Contact: Erik Staffeldt
Executive Vice President & CFO

Helix Appoints Amy Nelson as New Director

Helix Energy Solutions Group, Inc. (NYSE: HLX) announced today that the Board of Directors has appointed Amy Nelson as a new director. Ms. Nelson, 50, is the president of Greenridge Advisors, LLC, which she founded in 2007 as an energy services and equipment consulting firm focused on the development, execution and financing of growth strategies. Prior to Greenridge, she served as a vice president of SCF Partners, an oilfield service and equipment-focused private equity firm, and worked for Amoco Production Company in planning, project management and engineering roles. Ms. Nelson also currently serves on the board of directors of Apache Corporation.

Ms. Nelson will serve as a Class III director whose term will expire at Helix's next annual shareholder meeting. Ms. Nelson also was appointed by the Helix Board to serve on the Board's Audit Committee.

* * * * *

Helix Energy Solutions Group, Inc., headquartered in Houston, Texas, is an international offshore energy services company that provides specialty services to the offshore energy industry, with a focus on well intervention and robotics operations. For more information about Helix, please visit our website at www.HelixESG.com.