#### **EMCOR GROUP INC**

Form 4

November 10, 2010

### FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

OMB Number:

**OMB APPROVAL** 

3235-0287

Expires:

January 31, 2005

0.5

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if no longer subject to Section 16. Form 4 or Form 5 obligations may continue.

Check this box

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

See Instruction

1. Name and Address of Reporting Person * MACINNIS FRANK T			2. Issuer Name <b>and</b> Ticker or Trading Symbol EMCOR GROUP INC [EME]	5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)		
(Last)	(First) (Middle) 3. Date of Earliest Transaction		3. Date of Earliest Transaction	(eneck an applicable)		
301 MERRITT	SEVEN		(Month/Day/Year) 11/08/2010	X Director 10% OwnerX Officer (give title Other (specify below) Chairman & CEO		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
NORWALK, C	CT 06851		Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tab	le I - Non-	Derivative	Secui	rities Acquir	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securit or Dispos (Instr. 3, 4	ed of (		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	11/08/2010		M	47,971	A	\$ 6.36	721,845	D	
Common Stock	11/08/2010		S	25,371	D	\$ 27	696,474	D	
Common Stock	11/08/2010		S	1,900	D	\$ 27.0004	694,574	D	
Common Stock	11/08/2010		S	6,800	D	\$ 27.01	687,774	D	
Common Stock	11/08/2010		S	3,122	D	\$ 27.0104	684,652	D	

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Common Stock	11/08/2010	S	100	D	\$ 27.0107	684,552	D
Common Stock	11/08/2010	S	3,042	D	\$ 27.02	681,510	D
Common Stock	11/08/2010	S	1,500	D	\$ 27.03	680,010	D
Common Stock	11/08/2010	S	500	D	\$ 27.0304	679,510	D
Common Stock	11/08/2010	S	500	D	\$ 27.04	679,010	D
Common Stock	11/08/2010	S	400	D	\$ 27.05	678,610	D
Common Stock	11/08/2010	S	1,600	D	\$ 27.06	677,010	D
Common Stock	11/08/2010	S	600	D	\$ 27.07	676,410	D
Common Stock	11/08/2010	S	900	D	\$ 27.08	675,510	D
Common Stock	11/08/2010	S	400	D	\$ 27.09	675,110	D
Common Stock	11/08/2010	S	636	D	\$ 27.1	674,474	D
Common Stock	11/08/2010	S	100	D	\$ 27.11	674,374	D
Common Stock	11/08/2010	S	100	D	\$ 27.12	674,274	D
Common Stock	11/08/2010	S	400	D	\$ 27.13	673,874	D
Common Stock	11/09/2010	M	200	A	\$ 6.36	674,074	D
Common Stock	11/09/2010	S	200	D	\$ 27.02	673,874	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transact Code (Instr. 8)	Secu Acq or D (D)	urities uired (A) isposed of rr. 3, 4,	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Options (right to buy)	\$ 6.36	11/08/2010		M		47,971	01/02/2002	01/01/2011	Common Stock	47,971
Employee Stock Options (right to buy)	\$ 6.36	11/09/2010		M		200	01/02/2002	01/01/2011	Common Stock	200

## **Reporting Owners**

Reporting Owner Name / Address	Relationships							
<b>Fg</b>	Director	10% Owner	Officer	Other				
MACINNIS FRANK T 301 MERRITT SEVEN NORWALK, CT 06851	X		Chairman & CEO					

# **Signatures**

Frank T.
MacInnis

\*\*Signature of Date

Reporting Person

## **Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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