EMCOR GROUP INC

Form 4 March 27, 2006

FORM 4

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005
Estimated average

0.5

OMB APPROVAL

Section 16.
Form 4 or
Form 5
obligations
may continue.
See Instruction

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

burden hours per response...

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * MATZ R KEVIN			2. Issuer Name and 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	(Check an applicable)		
301 MERRITT	SEVEN		(Month/Day/Year) 03/24/2006	Director 10% Owner Officer (give title Other (specify below) SVP - Shared Services		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
NORWALK, CT 06851			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
(City)	(Stata)	(Zin)				

(City)	(State)	(Zip) Tabl	e I - Non-I	Derivative S	Securi	ities Acqu	ired, 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 on(A) or Dis (Instr. 3, 4)	sposed	of (D)	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	03/24/2006		M	44,000	A	\$ 9.875	85,487	D	
Common Stock	03/24/2006		S	200	D	\$ 48.47	85,287	D	
Common Stock	03/24/2006		S	1,400	D	\$ 48.49	83,887	D	
Common Stock	03/24/2006		S	18,900	D	\$ 48.5	64,987	D	
Common Stock	03/24/2006		S	400	D	\$ 48.51	64,587	D	

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Common Stock	03/26/2006	S	1,600	D	\$ 48.52	62,987	D
Common Stock	03/24/2006	S	1,000	D	\$ 48.53	61,987	D
Common Stock	03/24/2006	S	1,200	D	\$ 48.54	60,787	D
Common Stock	03/24/2006	S	5,700	D	\$ 48.55	55,087	D
Common Stock	03/24/2006	S	500	D	\$ 48.56	54,587	D
Common Stock	03/24/2006	S	200	D	\$ 48.57	54,387	D
Common Stock	03/24/2006	S	200	D	\$ 48.61	54,187	D
Common Stock	03/24/2006	S	200	D	\$ 48.65	53,987	D
Common Stock	03/24/2006	S	600	D	\$ 48.71	53,387	D
Common Stock	03/24/2006	S	100	D	\$ 48.72	53,287	D
Common Stock	03/24/2006	S	500	D	\$ 48.74	52,787	D
Common Stock	03/24/2006	S	100	D	\$ 48.77	52,687	D
Common Stock	03/24/2006	S	900	D	\$ 48.78	51,787	D
Common Stock	03/24/2006	S	1,000	D	\$ 48.79	50,787	D
Common Stock	03/24/2006	S	4,300	D	\$ 48.8	46,487	D
Common Stock	03/24/2006	S	100	D	\$ 48.81	46,387	D
Common Stock	03/24/2006	S	200	D	\$ 48.83	46,187	D
Common Stock	03/24/2006	S	200	D	\$ 48.84	45,987	D
Common Stock	03/24/2006	S	800	D	\$ 48.85	45,187	D
Common Stock	03/24/2006	S	100	D	\$ 48.86	45,087	D
	03/24/2006	S	500	D		44,587	D

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Common Stock					\$ 48.87		
Common Stock	03/24/2006	S	1,300	D	\$ 48.9	43,287	D
Common Stock	03/24/2006	S	300	D	\$ 48.91	42,987	D
Common Stock	03/24/2006	S	700	D	\$ 48.92	42,287	D
Common Stock	03/24/2006	S	100	D	\$ 48.93	42,187 (1) (2)	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)

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. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	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) (3)	\$ 9.875	03/24/2006		M	44,000	<u>(4)</u>	11/21/2007	Common Stock	44,000

Reporting Owners

Reporting Owner Name / Address	Relationships						
Reporting Owner Traine / Trainess	Director	10% Owner	Officer	Other			
MATZ R KEVIN 301 MERRITT SEVEN			SVP - Shared Services				
NORWALK, CT 06851							

Reporting Owners 3

Signatures

R. Kevin Matz 03/27/2006

**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).
- (1) Includes shares issuable in respect of restricted stock units.
- (2) Transactions are continued on a separate Form 4 filed contemporaneously herewith.
- (3) Derivative security is an employee stock option.
- (4) One-third exercisable on 11/21/98; one-third exercisable on 11/21/99; one-third exercisable on 11/21/00.

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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