

BERSHAD STEPHEN W
Form 4
March 19, 2010

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting Person *
BERSHAD STEPHEN W

(Last) (First) (Middle)

66 ARROYO HONDO TRAIL

(Street)

SANTA FE, NM 87508

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
EMCOR GROUP INC [EME]

3. Date of Earliest Transaction
(Month/Day/Year)
03/17/2010

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially 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. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	03/17/2010		S	8,200 D	\$ 26	51,900	D
Common Stock	03/17/2010		S	4,046 D	\$ 26.01	47,854	D
Common Stock	03/17/2010		S	200 D	\$ 26.015	47,654	D
Common Stock	03/17/2010		S	4,800 D	\$ 26.02	42,854	D
Common Stock	03/17/2010		S	3,854 D	\$ 26.03	39,000	D
	03/17/2010		S	400 D		38,600	D

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Common Stock						\$ 26.035		
Common Stock	03/17/2010	S	3,400	D	\$ 26.04	35,200	D	
Common Stock	03/17/2010	S	200	D	\$ 26.045	35,000	D	
Common Stock	03/17/2010	S	100	D	\$ 26.055	34,900	D	
Common Stock	03/17/2010	S	700	D	\$ 26.06	34,200	D	
Common Stock	03/17/2010	S	300	D	\$ 26.065	33,900	D	
Common Stock	03/17/2010	S	200	D	\$ 26.07	33,700	D	
Common Stock	03/17/2010	S	900	D	\$ 26.08	32,800	D	
Common Stock	03/17/2010	S	500	D	\$ 26.085	32,300	D	
Common Stock	03/17/2010	S	2,000	D	\$ 26.09	30,300	D	
Common Stock	03/17/2010	S	300	D	\$ 26.095	30,000	D	

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

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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. Transaction Code (Instr. 8)	5. Number of Derivative 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)	8. Price of Derivative Security (Instr. 5)	9. Nu... Deriv... Secur... Bene... Own... Follo... Repo... Trans... (Instr...
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BERSHAD STEPHEN W 66 ARROYO HONDO TRAIL SANTA FE, NM 87508				X

Signatures

Sheldon I. Cammaker, Attorney-in-Fact	03/19/2010
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__Signature of Reporting Person

Date

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.

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