Form 8-K	
March 03, 2017	
UNITED STATES	
SECURITIES AND EXCHANGE COMMISSION	
Washington, D.C. 20549	
Form 8-K	
CURRENT REPORT	

Date of Report (Date of earliest event reported): March 3, 2017

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

Helix Energy Solutions Group, Inc. (Exact name of registrant as specified in its charter)

HELIX ENERGY SOLUTIONS GROUP INC

Minnesota 001-32936 95-3409686

(State or other jurisdiction of incorporation)

(State or other jurisdiction (Commission File Number)

(IRS Employer Identification No.)

3505 West Sam Houston Parkway North, Suite 400 77043 Houston, Texas (Zip Code)

(Address of principal executive offices)

281-618-0400

(Registrant's telephone number,

including area code)

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 (see General Instruction A.2. below):

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))

### Item 7.01 Regulation FD Disclosure.

Helix Energy Solutions Group, Inc. (the "Company") is disclosing an updated Company presentation to be used in Raymond James 38<sup>th</sup> Annual Institutional Investors Conference on March 6, 2017. The presentation materials are attached hereto as Exhibit 99.1 and incorporated by reference herein. The presentation materials will also be posted in the Presentations section under Investor Relations of Helix's website, www.HelixESG.com.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits.

Number Description

99.1 Materials to be presented at Raymond James Investors Conference.

### **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: March 3, 2017

HELIX ENERGY SOLUTIONS GROUP, INC.

By:/s/ Anthony Tripodo
Anthony Tripodo
Executive Vice President and Chief Financial Officer

Index to Exhibits

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