LORENTZEN OIVIND

Check this box

if no longer

Section 16.

Form 4 or

subject to

Form 4 April 01, 2019

FORM 4

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

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue.

30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * LORENTZEN OIVIND

2. Issuer Name and Ticker or Trading

Symbol

5. Relationship of Reporting Person(s) to Issuer

SEACOR HOLDINGS INC /NEW/

[CKH]

(Check all applicable)

(Last) (First) (Middle)

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

Officer (give title below)

10% Owner __X__ Other (specify

03/29/2019

below) Vice Chairman

4. If Amendment, Date Original

Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)

_X__ Director

X Form filed by One Reporting Person Form filed by More than One Reporting

INC., 2200 ELLER DRIVE (Street)

(City)

C/O SEACOR HOLDINGS

FT. LAUDERDALE, FL 33316

(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned
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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)		sed 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	03/29/2019		M	5,992	A	\$ 24.15	41,933	D	
Common Stock	03/29/2019		S	5,992	D	\$ 42.5117 (1)	35,941	D	
Common Stock							2,500	I	CWHL Trust (2)
Common Stock							2,500	I	OHL Trust (2)
							2,500	I	

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Common Stock			LBHL Trust (2)
Common Stock	2,500	I	THL Trust (2)
Common Stock	2,500	I	LHL Trust (2)

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)

D Se	Title of erivative ecurity nstr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. 5. Number Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4,		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		Sec (Ins
				Code V	and 5)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
(1	tock Options right to uv)	\$ 24.15 (3)	03/29/2019	M	5,992 (4)	<u>(5)</u>	05/13/2019	Common Stock	5,992	\$

Reporting Owners

Attorney-in-Fact

**Signature of Reporting Person

Reporting Owner Name / Address	Relationships						
•	Director	10% Owner	Officer	Other			
LORENTZEN OIVIND C/O SEACOR HOLDINGS INC. 2200 ELLER DRIVE FT. LAUDERDALE, FL 33316	X			Vice Chairman			
Signatures							
/s/ William C. Long,		04/01/2010					

04/01/2019

Date

2 Reporting Owners

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).
- The price reported in Column 4 is a weighted average price. The Common Shares were sold in separate transactions on the same day at prices ranging from \$42.50 to \$42.71 per share. The Reporting Person undertakes to provide to Issuer, any security holder of Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of Common Shares sold at each separate price within the range set forth in this footnote.
- The shares of Common Stock reported herein as indirectly beneficially owned by the Reporting Person are held in a trust for the benefit of Reporting Person's child. The Reporting Person is not a trustee of the trust.
 - On June 2, 2017, the issuer completed the spin-off of SEACOR Marine Holdings Inc. (the "SMHI Spin-Off"), in which the issuer distributed all shares of SMHI to the issuer's stockholders. The completion of the SMHI Spin-off resulted in an adjustment to the exercise
- (3) price of these options from \$40.14 to \$25.90. On December 20, 2017, the issuer paid a dividend to its stockholders consisting of a portion of the issuer's shares of Dorian LPG Ltd., which resulted in a further adjustment to the exercise price of these options from \$25.90 to \$24.15.
- (4) On June 2, 2017, in connection with the SMHI Spin-Off, these options were adjusted, resulting in the reporting person's ownership of 2,126 additional stock options.
- (5) These options became exercisable on May 13, 2010.

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.