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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL OMB Number: 2225 0207

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1. Name and Address of Reporting Person* Miguel Bejos Alfredo			2. Issuer Name and Ticker or Trading Symbol SEACOR Marine Holdings Inc. [SMHI]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
Miguel Dejos	Amedo			X	Director	10% Owner				
(Last) (First) (Middle) C/O SEACOR MARINE HOLDINGS INC.		IGS INC.	3. Date of Earliest Transaction (Month/Day/Year) 11/07/2019		Officer (give title below)	Other (specify below)				
12121 WICKCH	ESTER LANE, S	UITE 500	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv Line)	idual or Joint/Group Filing (Check Applicable				
(Street)				X	Form filed by One Report	ting Person				
HOUSTON	ТХ	77079			Form filed by More than C Person	One Reporting				
(City)	(State)	(Zip)								

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)					5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
			Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)	
Common Stock	11/07/2019		S ⁽¹⁾		1,000 ⁽²⁾	D	\$13.6692	148,902	D		
Common Stock	11/08/2019		S ⁽¹⁾		2,618 ⁽³⁾	D	\$13.7576	146,284	D		
Common Stock								778,431	I	Proyectos Globales de Energia y Servicios CME, S.A. de C.V. ⁽⁴⁾	

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. Transa Code (8)		5. Nu of Deriv Secu Acqu (A) of Dispo of (D) (Instr and 5	vative rities ired r osed) . 3, 4	6. Date Exerc Expiration Da (Month/Day/Y	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Form: Direct (D)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Explanation of Responses:

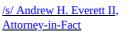
1. This trade occurred pursuant to a Rule 10b5-1 trading plan established by the Reporting Person on September 12, 2019.

2. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$13.57 to \$13.87, inclusive. The reporting person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this footnote 2 and footnote 3 to this Form 4.

3. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$13.65 to \$13.86, inclusive.

4. The Reporting Person is the President, Chief Executive Officer and a shareholder of Proyectos Globales de Energia y Servicios CME, S.A. de C.V. The Reporting Person disclaims beneficial ownership except to the extent of his pecuniary interest in the securities.

Remarks:



11/08/2019

** Signature of Reporting Person

Date

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

* 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.