FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

TATEMENT OF	CHANGES I	N BENEFICIAL	OWNERSHIP

l	OIVIB APPRO	VAL
	OMB Number:	3235-0287
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l	hours per response:	0.5

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

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

1. Name and Address of Reporting Person* Miguel Bejos Alfredo					2. Issuer Name and Ticker or Trading Symbol SEACOR Marine Holdings Inc. [SMHI]								all app Direc	olicable) otor		Owner		
(Last) (First) (Middle) C/O SEACOR MARINE HOLDINGS INC.						3. Date of Earliest Transaction (Month/Day/Year) 01/03/2020								belov	er (give title w)	Other below	(specify	
12121 WICKCHESTER LANE, SUITE 500(Street)					4. It	4. If Amendment, Date of Original Filed (Month/Day/Year)								Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person				
(City)			77079 ——— Zip)												Form filed by More than One Reporting Person			
(Oity)	(51			Non-Deriv	 ative	Seci	urities <i>F</i>	cguir	ed, D	Disposed o	of, or I	Benefic	ially	Owne				
1. Title of Security (Instr. 3) 2. Tra		2. Transaction	2A. Deemed Execution Date		emed ion Date,	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and		5. Amou 5) Securitie Benefici Owned I		unt of ties cially Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership				
								Code	v	Amount	(A) or (D)	Price		Report Transa (Instr.	ection(s) 3 and 4)		(Instr. 4)	
Common Stock 01/03/		01/03/202	20	0		S ⁽¹⁾		6,260	D	\$14.02	277(2)	70,311		D				
Common	Stock			01/06/202	20			S ⁽¹⁾		6,640	D	\$14.00	14.0088(3)		3,671	D		
Common Stock													71	78,431	I	Proyectos Globales de Energia y Servicios CME, S.A. de C.V. ⁽⁴⁾		
		Та	ıble l							posed of, , convertib				wned				
1. Title of 2. 3. Transaction Date Execution Date, Security or Exercise (Month/Day/Year) if any		4.	action	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	r 6. D. Exp (Mod		ercisable and Date			8. Price of Derivative Security (Instr. 5)		9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)				
					Code	v	(A) (D)	Date Exe	e rcisabl	Expiration e Date	Title	Amount or Number of Shares						

- 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 \$14.00 to \$14.07, 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 \$14.00 to \$14.04, 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:

/s/ Andrew H. Everett II, 01/07/2020 Attorney-in-Fact

** 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.