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PRESS RELEASE FOR IMMEDIATE RELEASE

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# REMINGTON OIL AND GAS CORPORATION ANNOUNCES FIRST QUARTER 2006 EARNINGS

Dallas, TX, May 2, 2006, Remington Oil and Gas Corporation (NYSE: REM) announced the following first quarter financial information:

	Three Months Ended March 31,				
		2006	2005		
	(In thousands, except per sha				
	data			a)	
Oil and gas revenues	\$	59,996	\$	59,471	
Other income	\$	18,102	\$	315	
Net income	\$	26,383	\$	16,035	
Cash flow provided by operations	\$	50,345	\$	45,355	
Basic income per share	\$	0.92	\$	0.57	
Diluted income per share	\$	0.90	\$	0.56	
Production Bcfe		7.4		8.6	
Average gas price	\$	7.66	\$	6.54	
Average oil price	\$	60.07	\$	47.11	

Oil and gas revenues for the three months ended March 31, 2006, increased \$525,000, or 0.9%, compared to the same period in 2005. Gas revenues increased \$4.2 million, or 10.5%, for the first quarter of 2006 compared to the first quarter of 2005 primarily due to the increase in average gas prices offset slightly by a decrease in production. Average gas prices for the first quarter of 2006 were \$1.12 per Mcf, or 17.1% higher compared to the first quarter of 2005. Oil revenues decreased \$3.7 million, or 19.4%, for the first quarter of 2006 compared to the first quarter of 2005 primarily due to the decrease in oil production partially offset by the increase in average oil prices. Oil prices increased \$12.96 per barrel, or 27.5% during the first quarter of 2006 compared to 2005.

Other income for the three months ended March 31, 2006, includes \$17.3 million related to the partial accrual of lost production insurance payments.

Net income for the three months ended March 31, 2006, increased \$10.3 million, or 64.5%, compared to the same period of 2005. Cash flow from operations increased \$5.0 million, or 11.0%, compared to the same period of 2005. Income taxes for the three months ended March 31, 2006, increased \$5.2 million, or 59.0%, compared to the same period of 2005 due to the increase in income before taxes. Current taxes accounted for \$10.3 million of total tax expense for the three months ended March 31, 2006.

Dry hole expense for the first quarter of 2006 was \$5.2 million. We utilize the successful-efforts method of accounting, which requires dry holes to be reported as an expense in the quarter they are determined to be dry. It is very difficult to predict when dry holes will occur and thus dry hole expense is subject to dramatic fluctuation each quarter.

As of March 31, 2006, we have \$38.9 million accrued as insurance receivables on the Balance Sheet. Of this amount, \$18.3 million represents insurance receivables for hurricane related expenditures associated with physical damage, lost equipment and a control of well claim. The remaining \$20.6 million represents an insurance receivable for partial claim for lost production through March 31, 2006, from shut-ins caused by Hurricane Rita, of which \$17.3 million is related to the current period and is included in Other income on the Income Statement. Additional claims associated with lost production as a result of Hurricane Katrina have been made and will be recorded when finalized.

#### **2006 Production Guidance**

Production volumes for the first quarter averaged 82 Mmcfe/day, versus guidance of 75 to 80 Mmcfe/day. Production volumes for the second quarter 2006 are expected to range between 90 and 100 Mmcfe/day (8.2 to 9.1 Bcfe). This increase in production over first quarter 2006 is anticipated as several fields shut-in as a result of damage from Hurricanes Katrina and Rita re-commence production during the second quarter. Repairs to the company s largest producing field, East Cameron 346, are nearing completion and expected to be finalized this month. Additionally, repairs to other third party pipelines servicing other Remington properties are expected to be completed by the end of the second quarter.

Remington Oil and Gas Corporation is an independent oil and gas exploration and production company headquartered in Dallas, Texas, with operations concentrating in the onshore and offshore regions of the Gulf Coast.

Statements concerning future revenues and expenses, production volumes, results of exploration, exploitation, development, acquisition and operations expenditures, and prospective reserve levels of prospects or wells are forward-looking statements. Prospect size and reserve levels are often referred to as potential or un-risked reserves and are based on the Company s internal estimates from the volumetric calculations or analogous production. Other forward-looking statements are based on assumptions concerning commodity prices, drilling results, recovery factors for wells, production rates, and operating, administrative and interest costs that management believes are reasonable based on currently available information; however, management s assumptions and the Company s future performance are subject to a wide range of business, mechanical, political, environmental and geologic risks. There is no assurance that these goals, projections, costs, expenses, reserve levels, and production volumes can or will be met. Further information is available in

the Company s filings with the Securities and Exchange Commission, which are herein incorporated by this reference. Information in this document should be reviewed in combination with the Company s filings with the Securities and Exchange Commission and information available on the Company s website at <a href="https://www.remoil.net.">www.remoil.net</a>. ADDITIONAL INFORMATION:

The Company and Helix Energy Solutions Group, Inc. (Helix ESG) have filed a proxy statement/prospectus and other relevant documents concerning the proposed merger transaction between the Company and Helix ESG with the Securities and Exchange Commission (SEC). Investors are urged to read the proxy statement/prospectus and any other relevant documents filed with the SEC because they contain important information. You may obtain the documents free of charge at the website maintained by the SEC at www.sec.gov. In addition, you may obtain documents filed with the SEC by the Company free of charge by requesting them in writing from the Company or by telephone at (214) 210-2650. You may obtain documents filed with the SEC by Helix ESG free of charge by requesting them in writing from Helix ESG or by telephone at (281) 618-0400.

The Company and Helix ESG, and their respective directors and executive officers, may be deemed to be participants in the solicitation of proxies from the stockholders of the Company in connection with the merger. Information about the directors and executive officers of the Company and their ownership of stock of the Company is set forth in the proxy statement for the Company s 2005 Annual Meeting of Stockholders. Information about the directors and executive officers of Helix ESG and their ownership of Helix ESG stock is set forth in the proxy statement for Helix ESG s 2005 Annual Meeting of Shareholders. Investors may obtain additional information regarding the interests of such participants by reading the proxy statement/prospectus.

### Remington Oil and Gas Corporation Condensed Consolidated Balance Sheets

(In thousands, except share data)

Assets	March 31, 2006 (Unaudited)		December 31, 2005		
Current assets					
Cash and cash equivalents	\$	47,887	\$	38,860	
Accounts receivable		62,704		66,887	
Insurance receivable		38,932		23,308	
Income taxes receivable				5,767	
Prepaid expenses and other current assets		12,942		5,466	
Total current assets		162,465		140,288	
Properties					
Oil and gas properties (successful-efforts method)		937,791		908,437	
Other properties		3,876		3,758	
Accumulated depreciation, depletion and amortization		(485,804)		(468,290)	
Total properties		455,863		443,905	
Other assets		1,874		1,872	
Total assets	\$	620,202	\$	586,065	
Liabilities and stockholders equity Current liabilities					
Accounts payable and accrued liabilities	\$	72,474	\$	76,561	
Income taxes payable		3,521			
Current deferred income taxes		1,094		1,094	
Total current liabilities		77,089		77,655	
Long-term liabilities					
Asset retirement obligation		23,498		21,375	
Deferred income taxes		86,612		82,876	
Total long-term liabilities		110,110		104,251	
Total liabilities		187,199		181,906	

Commitments and contingencies

Stockholders equity

Preferred stock, \$.01 par value, 25,000,000 shares authorized, no shares

### Outstanding

Total liabilities and stockholders equity	\$ 620,202	\$ 586,065
Total stockholders equity	433,003	404,159
Retained earnings	277,141	250,758
Unearned compensation		(20,385)
Restricted common stock		24,264
Additional paid-in capital	155,573	149,234
issued and 28,756,638 shares outstanding in 2005	289	288
shares issued and 28,852,084 shares outstanding in 2006, 28,790,997 shares		
Common stock, \$.01 par value, 100,000,000 shares authorized, 28,886,443		
9 445441141115		

### Remington Oil and Gas Corporation Condensed Consolidated Statements of Income

(Unaudited)

(In thousands, except per share amounts)

	Three Months Ended March 31,			
2006		2005		
Revenues	Φ.	40.200		
Gas sales \$ 44,619	\$	40,390		
Oil sales		19,081		
Interest income 458		252		
Other income 17,644		63		
Total revenues 78,098		59,786		
Costs and expenses				
Operating 7,228		5,912		
Exploration 7,004		10,385		
Depreciation, depletion and amortization 17,858		16,011		
Impairment expense 274		297		
General and administrative 5,186		2,121		
Interest and financing 127		198		
Total costs and expenses 37,677		34,924		
Income before income taxes 40,421		24,862		
Income tax expense 14,038		8,827		
Net income \$ 26,383	\$	16,035		
Basic income per share \$ 0.92	\$	0.57		
Diluted income per share \$ 0.90	\$	0.56		
Weighted average shares outstanding (Basic) 28,822		28,045		
Weighted average shares outstanding (Diluted) 29,414		28,838		
Production				
Oil (MBbls)		405		
Gas (MMcf) 5,826		6,176		
Mcfe 7,362		8,606		
Average Prices		*		
Oil \$ 60.07	\$	47.11		

Gas	\$ 7.66	\$ 6.54
Per Mcfe	\$ 8.15	\$ 6.91

### Remington Oil and Gas Corporation Condensed Consolidated Statements of Cash Flows

(Unaudited) (In thousands)

	Three Months Ended March 31,	
	2006	2005
Cash flow provided by operations		
Net income	\$ 26,383	\$ 16,035
Adjustments to reconcile net income		
Depreciation, depletion and amortization	17,858	16,011
Deferred income taxes	3,736	5,451
Amortization of deferred charges	25	46
Dry hole costs	5,227	9,049
Impairment costs	274	297
Cash paid for dismantlement	(10)	(243)
Stock based compensation	1,241	512
Tax benefit from exercise of stock options	(1,013)	3,376
Gain on sale of properties	(59)	- 7
Changes in working capital	( /	
(Increase) decrease in accounts receivable	3,968	(5,646)
(Increase) in insurance receivable	(15,624)	(- / /
Decrease in income taxes	10,301	
(Increase) decrease in prepaid expenses and other current assets	(7,501)	49
Increase in accounts payable and accrued expenses	5,539	418
mereuse in accounts payable and accraca expenses	3,337	110
Net cash flow provided by operations	50,345	45,355
Cash from investing activities		
Capital expenditures	(42,668)	(47,600)
Proceeds from sale of properties	130	(17,000)
Trocceds from sale of properties	130	
Net cash (used in) investing activities	(42,538)	(47,600)
Cash from financing activities		
Tax benefit from exercise of stock options	1,013	
Common stock issued	665	6,833
Purchase of treasury stock	(458)	(336)
Net cash provided by financing activities	1,220	6,497
Net increase in cash and cash equivalents	9,027	4,252
Cash and cash equivalents at beginning of period	38,860	58,659
Cash and Cash equivalents at oeginning of period	30,000	30,039
Cash and cash equivalents at end of period	\$ 47,887	\$ 62,911