

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

## 144: Filer Information

Filer CIK 0001705427  
Filer CCC XXXXXXXXX  
Is this a LIVE or TEST Filing?  LIVE  TEST

### Submission Contact Information

Name  
Phone  
E-Mail Address

## 144: Issuer Information

Name of Issuer SEACOR Marine Holdings Inc.  
SEC File Number

Address of Issuer 12121 Wickchester Lane  
Suite 500  
Houston  
TEXAS  
77079

Phone 346-980-1700

Name of Person for Whose Account the Securities are To Be Sold Jesus Llorca

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Officer

## 144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common stock	Merrill Lynch 2100 Ross Ave Suite 1000 Dallas TX 75201	309925	6052529	27060000	06/22/2026	NYSE
Common stock	Merrill Lynch 2100 Ross Ave Suite 1000 Dallas TX 75201	0	0	0	06/22/2026	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

# 144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this a Gift?	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
Common stock	03/11/2022	Employment related - restricted stock award	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		27293	06/23/2026	Compensatory payment
Common stock	03/08/2023	Employment related - restricted stock award	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		60627	06/23/2026	Compensatory payment
Common stock	03/04/2024	Employment related - restricted stock award	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		72553	06/23/2026	Compensatory payment
Common stock	03/12/2024	Employment related - restricted stock award	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		16745	06/23/2026	Compensatory payment
Common stock	06/09/2020	Employment related - restricted stock award	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		18750	06/23/2026	Compensatory payment
Common stock	03/05/2020	Employment related - Nonqualified stock option	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		6250	06/23/2026	Compensatory payment
Common stock	12/16/2019	Employment related - Nonqualified stock option	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		6250	06/23/2026	Compensatory payment
Common stock	09/15/2019	Employment related - Nonqualified stock option	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		6250	06/23/2026	Compensatory payment
Common stock	06/17/2019	Employment related - Nonqualified stock option	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		6250	06/23/2026	Compensatory payment
Common stock	04/16/2019	Employment related - Nonqualified stock option	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		6250	06/23/2026	Compensatory payment
Common stock	12/31/2018	Employment related - Nonqualified stock option	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		6250	06/23/2026	Compensatory payment
Common stock	10/01/2018	Employment related - Nonqualified stock option	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		3250	06/23/2026	Compensatory payment
Common stock	07/02/2018	Employment related - Nonqualified stock option	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		3250	06/23/2026	Compensatory payment
Common stock	04/24/2018	Employment related - Nonqualified stock option	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		6250	06/23/2026	Compensatory payment
Common stock	06/09/2020	Employment related - Nonqualified stock option	SEACOR Marine Holdings Inc.	<input type="checkbox"/>		18750	06/23/2026	Compensatory payment

\* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

## 144: Securities Sold During The Past 3 Months

Nothing to Report

## 144: Remarks and Signature

Remarks            This is the initial Form144 for Jesus Llorca's 10b51 plan that will end on 06/15/2027.

Date of Notice     06/22/2026

### **ATTENTION:**

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature            Jesus Llorca

***ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)***