

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 0001338856
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 001-37966
Address of Issuer 12121 WICKCHESTER LANE
SUITE 500
HOUSTON
TEXAS
77079
Phone 9858765400

Name of Person for Whose Account the Securities are To Be Sold Regan Robert Christopher
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 Director

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	MERRILL LYNCH 114 W 47TH ST NEW YORK NY 10036	16000	144956.29	15809	06/05/2023	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	Name of Person from	Is this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *
--------------------	-------------------	-----------------------	---------------------	---------	------------	----------------------	-----------------	---------------------

	Transaction	Whom Acquired	a Gift?	Acquired	Acquired
COMMON	RESTRICTED STOCK BONUS COMPENSATION	ROBERT CHRIS REGAN	<input type="checkbox"/>	31309	07/19/2021 BONUS FROM COMPANY

* 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

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
ROBERT CHRIS REGAN 381 MT HOLLY RD KATONAH NY 10536	SEACOR MARINE HOLDINGS INC	03/08/2023	21666	219703.69

144: Remarks and Signature

Remarks
Date of Notice
ATTENTION:

Signature

06/05/2023

ROBERT CHRIS REGAN

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