## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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FORM 4

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

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1. Name and Addre			2. Issuer Name and Ticker or Trading Symbol <u>MYR GROUP INC.</u> [ MYRG ]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner					
(Last) MYR GROUP	(First)	(Middle)		3. Date of Earliest Transaction (Month/Day/Year) 03/23/2023						Officer (give title below) SVP and	Other below) COO T&D	(specify		
12121 GRANT STREET, SUITE 610				4. If Amendment, Date of Original Filed (Month/Day/Year)						6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person				
(Street)										Form filed by More	than One Repor	rting Person		
THORNTON	СО	80241	Rule	Rule 10b5-1(c) Transaction Indication										
(City)	(State)	(Zip)		Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.								satisfy the		
		Table I - No	n-Derivative	Securities Acq	uired,	Dis	posed of, o	r Bene	ficially C	wned				
Date			2. Transaction Date (Month/Day/Year	2A. Deemed Execution Date, if any (Month/Day/Year)		A. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4 Disposed Of (D) (Instr. 3, 4			5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership			
						v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)		

		Code	V	Amount	(A) or (D)	Price	(Instr. 3 and 4)		
Common Stock	03/23/2023	М		2,383(1)	Α	<b>\$0</b> <sup>(1)</sup>	22,452	D	
Common Stock	03/23/2023	F		1,057(2)	D	\$116.47	21,395	D	
Common Stock	03/23/2023	М		1,355(3)	Α	<b>\$0</b> <sup>(3)</sup>	22,750	D	
Common Stock	03/23/2023	F		<b>60</b> 1 <sup>(2)</sup>	D	\$116.47	22,149	D	
Common Stock	03/23/2023	М		941 <sup>(3)</sup>	Α	<b>\$0</b> <sup>(3)</sup>	23,090	D	
Common Stock	03/23/2023	F		418(2)	D	\$116.47	22,672	D	

# 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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercis Expiration Dat (Month/Day/Ye	e	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	Reported	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		
RESTRICTED STOCK UNIT	(1)	03/23/2023		М			2,383	03/23/2023 <sup>(1)</sup>	03/23/2023 <sup>(1)</sup>	Common Stock	2,383	\$ <mark>0</mark>	0	D	
RESTRICTED STOCK UNIT	(3)	03/23/2023		М			1,355	03/23/2023 <sup>(3)</sup>	03/23/2023 <sup>(3)</sup>	Common Stock	1,355	\$0	1,356	D	
RESTRICTED STOCK UNIT	(3)	03/23/2023		М			941	03/23/2023 <sup>(3)</sup>	03/23/2023 <sup>(3)</sup>	Common Stock	941	\$0	1,881	D	
RESTRICTED STOCK UNIT	(4)	03/23/2023		Α		2,575		(4)	(4)	Common Stock	2,575	\$0	2,575	D	

#### Explanation of Responses:

1. These Restricted Stock Units, which were awarded on April 27, 2020 pursuant to the Issuer's 2017 Long-Term Incentive Plan, vested ratably on April 27, 2021, March 23, 2022 and March 23, 2023 and were settled in shares of the Issuer's common stock on a one-for-one basis.

2. Represents shares of the Issuer's common stock withheld to satisfy tax withhelding obligations in connection with the vesting of Restricted Stock Units granted pursuant to the Issuer's 2017 Long-Term Incentive Plan.

3. These Restricted Stock Units, which were awarded on March 23, 2021 and 2022 pursuant to the Issuer's 2017 Long-Term Incentive Plan, vest ratably over three years and were settled in shares of the Issuer's common stock on a one-for-one basis.

4. Each Restricted Stock Unit, awarded pursuant to the Issuer's 2017 Long-Term Incentive Plan, represents a contingent right to receive one share of the Issuer's common stock. The Restricted Stock Units vest ratably over three years beginning on the first anniversary of the grant date.

### Remarks:

Exhibit List: Exhibit 24 - Power of Attorney

<u>/s/ William F. Fry as Attorney-in-</u> <u>Fact for Tod M. Cooper</u> \*\* 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.

KNOW ALL BY THESE PRESENTS, that the undersigned does hereby constitute and appoint each of Richard S. Swartz, Kelly M. Huntington and William F. Fry, signing singly, the undersigned's true and lawful attorneys-in-fact to:

(1) prepare, execute in the undersigned's name and on the undersigned's behalf, and submit to the U.S. Securities and Exchange Commission (the "SEC") a Form ID, including amendments thereto, and any other documents necessary or appropriate to obtain codes and passwords enabling the undersigned to make electronic filings with the SEC of reports required by Section 16(a) of the Securities Exchange Act of 1934 (the "Exchange Act") or any rule or regulation of the SEC;

(2) execute for and on behalf of the undersigned, in the undersigned's capacity as an executive officer of MYR Group Inc. (the "Company"), Forms 3, 4 and 5 in accordance with Section 16(a) of the Exchange Act and the rules thereunder;

(3) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Forms 3, 4 and 5, complete and execute any amendment or amendments thereto, and file such form with the SEC and any stock exchange or similar authority; and

(4) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in such attorney-in-fact's discretion.

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this Power of Attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersigned's responsibilities to comply with Section 16 of the Exchange Act.

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file reports required by Section 16(a) with respect to the undersigned's holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorneys-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of the 24th day of March, 2023.

/s/ Tod M. Cooper ------Name: Tod M. Cooper