

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 0001647955
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 MYR Group Inc.
SEC File Number 001-08325
Address of Issuer 12121 GRANT STREET
SUITE 610
THORNTON
COLORADO
80241
Phone 3032868000
Name of Person for Whose Account the Securities are To Be Sold Donald C.I. Lucky

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	RBC Dominion Securities Inc. 155 Wellington Street West 17th Floor Toronto A6 M5V 3K7	14675	6608299.25	15571000	06/03/2026	NASDAQ

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	07/30/2016	Phantom stock unit vesting under a registered plan	Issuer	<input type="checkbox"/>		634	07/30/2016	Compensation
Common	04/28/2017	Phantom stock unit vesting under a registered plan	Issuer	<input type="checkbox"/>		991	04/28/2017	Compensation
Common	07/30/2017	Phantom stock unit vesting under a registered plan	Issuer	<input type="checkbox"/>		634	07/30/2017	Compensation
Common	04/28/2018	Phantom stock unit vesting under a registered plan	Issuer	<input type="checkbox"/>		990	04/28/2018	Compensation
Common	05/04/2018	Restricted stock unit vesting under a registered plan	Issuer	<input type="checkbox"/>		746	05/04/2018	Compensation
Common	07/30/2018	Phantom stock unit vesting under a registered plan	Issuer	<input type="checkbox"/>		634	07/30/2018	Compensation
Common	04/26/2019	Restricted stock unit vesting under a registered plan	Issuer	<input type="checkbox"/>		2482	04/26/2019	Compensation
Common	04/25/2019	Retainer	Issuer	<input type="checkbox"/>		330	04/25/2019	Compensation
Common	04/28/2019	Phantom stock unit vesting under a registered plan	Issuer	<input type="checkbox"/>		991	04/28/2019	Compensation
Common	05/04/2019	Restricted stock unit vesting under a registered plan	Issuer	<input type="checkbox"/>		746	05/04/2019	Compensation
Common	07/25/2019	Retainer	Issuer	<input type="checkbox"/>		325	07/25/2019	Compensation
Common	10/24/2019	Retainer	Issuer	<input type="checkbox"/>		366	10/24/2019	Compensation
Common	02/27/2020	Retainer	Issuer	<input type="checkbox"/>		468	02/27/2020	Compensation
Common	04/23/2020	Retainer	Issuer	<input type="checkbox"/>		442	04/23/2020	Compensation
Common	04/25/2020	Restricted stock unit vesting under a registered plan	Issuer	<input type="checkbox"/>		2063	04/25/2020	Compensation
Common	05/04/2020	Restricted stock unit vesting under a registered plan	Issuer	<input type="checkbox"/>		746	05/04/2020	Compensation
Common	04/22/2022	Restricted stock unit vesting under a registered plan	Issuer	<input type="checkbox"/>		1087	04/22/2022	Compensation

* 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

Date of Notice

06/02/2026

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

/s/ Donald C.I. Lucky, KC

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