

Cook John S
Form 4
May 06, 2013

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

Check this box
if no longer
subject to
Section 16.
Form 4 or
Form 5
obligations
may continue.
See Instruction
1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF
SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,
Section 17(a) of the Public Utility Holding Company Act of 1935 or Section
30(h) of the Investment Company Act of 1940

OMB APPROVAL

OMB
Number: 3235-0287
Expires: January 31,
2005
Estimated average
burden hours per
response... 0.5

(Print or Type Responses)

1. Name and Address of Reporting Person *
Cook John S

2. Issuer Name **and** Ticker or Trading
Symbol
HORNBECK OFFSHORE
SERVICES INC /LA [HOS]

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

(Last) (First) (Middle)
103 NORTH PARK BOULEVARD,
SUITE 300

3. Date of Earliest Transaction
(Month/Day/Year)
05/02/2013

____ Director ____ 10% Owner
__X__ Officer (give title below) ____ Other (specify below)
EVP, CIO, Chief Commercial Off

(Street)
COVINGTON, LA 70433

4. If Amendment, Date Original
Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check
Applicable Line)
__X__ Form filed by One Reporting Person
____ Form filed by More than One Reporting
Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price		
COMMON STOCK	05/02/2013		M		12,000 (1)	A	\$ 23.1	105,591	D
COMMON STOCK	05/02/2013		S		6,000 (1)	D	\$ 47.1	99,591	D
COMMON STOCK	05/02/2013		S		6,000 (1)	D	\$ 49	93,591	D
COMMON STOCK	05/03/2013		M		5,000 (2)	A	\$ 33.15	98,591	D
COMMON STOCK	05/03/2013		S		5,000 (2)	D	\$ 52	93,591	D

COMMON
STOCK

50

I

By
UGMA
custodian
for
children

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474
(9-02)

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 Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
COMMON STOCK (right to buy)	\$ 23.1	05/02/2013		M	12,000 (1)	(3)	02/22/2015	COMMON STOCK	12,000
COMMON STOCK (right to buy)	\$ 33.15	05/03/2013		M	5,000 (2)	(4)	02/14/2016	COMMON STOCK	5,000

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

Cook John S
103 NORTHPARK BOULEVARD, SUITE 300
COVINGTON, LA 70433

EVP, CIO, Chief Commercial Off

Signatures

/s/ Paul M. Ordogne, as poa for John S.
Cook

05/06/2013

**Signature of Reporting Person

Date

Explanation of Responses:

* 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).

Represents a broker-assisted exercise and sale of an employee stock option award granted to the Reporting Person on February 22, 2005
(1) that would expire on February 22, 2015. This transaction was effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person.

Represents a broker-assisted exercise and sale of an employee stock option award granted to the Reporting Person on February 14, 2006
(2) that would expire on February 14, 2016. This transaction was effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person.

(3) The option provides for vesting in three equal annual installments on the 1st, 2nd and 3rd anniversaries of the February 22, 2005 Grant Date.

(4) The option provides for vesting in three equal annual installments on the 1st, 2nd and 3rd anniversaries of the February 14, 2006 Grant Date.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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