

HORNBECK OFFSHORE SERVICES INC /LA
 Form 4
 June 19, 2013

FORM 4

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

OMB APPROVAL

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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

(Print or Type Responses)

1. Name and Address of Reporting Person *
HORNBECK TODD M

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)
 06/17/2013

Director 10% Owner
 Officer (give title below) Other (specify below)
 President & CEO

(Street)
 COVINGTON, LA 70433

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

6. Individual or Joint/Group Filing(Check Applicable Line)
 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)
COMMON STOCK	06/17/2013		M	(A) 55,000 (1)	\$ 23.1 782,288	D	
COMMON STOCK	06/17/2013		S	(D) 55,000 (1)	\$ 54.85 727,288	D	
COMMON STOCK					1,650	I	By Wife
COMMON STOCK					20,000	I	By Family Trusts (2)
COMMON STOCK					70	I	By UTMA custodian

COMMON STOCK 220 I By IRA for child

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

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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)	Amount or Number of Shares
COMMON STOCK (right to buy)	\$ 23.1	06/17/2013		M	55,000 (1)	(3) 02/22/2015	COMMON STOCK	55,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HORNBECK TODD M 103 NORTH PARK BOULEVARD, SUITE 300 COVINGTON, LA 70433	X		President & CEO	

Signatures

/s/ Paul M. Ordogne, as poa for Todd M. Hornbeck 06/19/2013

**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.

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- (2) Represents shares beneficially owned by Reporting Person through various family trusts.
- (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.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.