HORNBECK TODD M
Form 4
March 22, 2013

FORM 4

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

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

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 *
HORNBECK TODD M

(Last) (First) (Middle)

103 NORTHPARK BOULEVARD, SUITE 300

(Street)

COVINGTON, LA 70433

(City) (State) (Zip)

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

3. Date of Earliest Transaction (Month/Day/Year)
03/20/2013

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

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

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	03/20/2013		M		8,700 (1)	A	$ 13.825	827,693	D	
COMMON STOCK	03/20/2013		S		8,700 (1)	D	$ 45.0004 (2)	818,993	D	
COMMON STOCK	03/21/2013		M		2,500 (1)	A	$ 13.825	821,493	D	
COMMON STOCK	03/21/2013		S		2,500 (1)	D	$ 45	818,993	D	
								1,650	I	By Wife

COMMON STOCK				
COMMON STOCK	20,000	I	By Family Trusts (3)
COMMON STOCK	70	I	By UTMA custodian for child
COMMON STOCK	220	I	By IRA

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

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 control number.

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)	$ 13.825	03/20/2013		M			8,700 (1)	(4)	02/17/2014	COMMON STOCK	8,700
COMMON STOCK (right to buy)	$ 13.825	03/21/2013		M			2,500 (1)	(4)	02/17/2014	COMMON STOCK	2,500

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other

HORNBECK TODD M 103 NORTHPARK BOULEVARD, SUITE 300 COVINGTON, LA 70433	X	President & CEO

Signatures

/s/ Paul M. Ordogne, as poa for Todd M. Hornbeck	03/22/2013
**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).

(1) Represents a broker-assisted exercise and sale of an employee stock option award granted to the Reporting Person on February 17, 2004 that would expire on February 17, 2014. This transaction was effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person.

(2) The price represents the weighted average sale price for multiple transactions reported on this line. Sale prices ranged from $45.000 to $45.003. Reporting Person will provide, upon request by the Commission staff, the Issuer, or a security holder of the Issuer, full information regarding the number of shares purchased at each separate purchase price.

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

(4) The option provides for vesting in three equal annual installments on the 1st, 2nd and 3rd anniversaries of the February 17, 2004 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.