

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.

**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<br>Derivative<br>Security<br>(Instr. 3) | 2. Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 4. Transaction<br>Code<br>(Instr. 8) | 5. Number of<br>Derivative<br>Securities<br>Acquired (A)<br>or Disposed of<br>(D)<br>(Instr. 3, 4,<br>and 5) | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) |                    | 7. Title and Amount of<br>Underlying Securities<br>(Instr. 3 and 4) |                                     |
|-----------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------|-------------------------------------------------------------|--------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------|---------------------------------------------------------------------|-------------------------------------|
|                                                     |                                                                    |                                         |                                                             | Code                                 | V (A) (D)                                                                                                    | Date<br>Exercisable                                            | Expiration<br>Date | Title                                                               | Amount<br>or<br>Number<br>of Shares |
| COMMON<br>STOCK<br>(right to<br>buy)                | \$ 23.1                                                            | 05/02/2013                              |                                                             | M                                    | 12,000<br>(1)                                                                                                | (3)                                                            | 02/22/2015         | COMMON<br>STOCK                                                     | 12,000                              |
| COMMON<br>STOCK<br>(right to<br>buy)                | \$ 33.15                                                           | 05/03/2013                              |                                                             | M                                    | 5,000<br>(2)                                                                                                 | (4)                                                            | 02/14/2016         | COMMON<br>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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