

Cook John S  
 Form 4  
 December 12, 2012

**FORM 4** UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
 Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287  
 Expires: January 31, 2015  
 Estimated average burden hours per response... 0.5

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

(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  
 (Street)

3. Date of Earliest Transaction  
 (Month/Day/Year)  
 12/10/2012

\_\_\_\_ Director  
 Officer (give title below) \_\_\_\_\_ 10% Owner  
 \_\_\_\_\_ Other (specify below)  
 Senior Vice President & CIO

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)
			Code	V	Amount or Price		
COMMON STOCK	12/10/2012		M		3,600 <sup>(1)</sup> \$ 11.2	D	
COMMON STOCK	12/10/2012		S		3,600 <sup>(1)</sup> \$ 35.996 <sup>(2)</sup>	D	
COMMON STOCK	12/10/2012		M		4,000 <sup>(3)</sup> \$ 13.825	D	
COMMON STOCK	12/10/2012		S		4,000 <sup>(3)</sup> \$ 35.969 <sup>(4)</sup>	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 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
				Code	V (A) (D)	Date Exercisable Expiration Date	Title	
STOCK OPTION (RIGHT TO BUY)	\$ 11.2	12/10/2012		M	3,600	<u>(5)</u> 03/13/2013	COMMON STOCK	3,600
STOCK OPTION (right to buy)	\$ 13.825	12/10/2012		M	4,000	<u>(6)</u> 02/17/2004	COMMON STOCK	4,000

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Cook John S 103 NORTHPARK BOULEVARD, SUITE 300 COVINGTON, LA 70433			Senior Vice President & CIO	

## Signatures

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

12/12/2012

\_\_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 March 13, 2003 that would expire on March 13, 2013.  
The price represents the weighted average sale price for multiple transactions reported on this line. Sale prices ranged from \$35.990 to  
(2) \$35.998. 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 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.  
The price represents the weighted average sale price for multiple transactions reported on this line. Sale prices ranged from \$35.962 to  
(4) \$35.974. 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.
- (5) The option provides for vesting in three equal annual installments on the 1st, 2nd and 3rd anniversaries of the March 13, 2003 Grant Date.
- (6) The option provides for vesting in three equal annual installments on the 1st, 2nd and 3rd anniversaries of the February 17, 2004 Grant Date.
- (7) Includes 482 shares acquired under the Company's employee stock purchase plan on June 30, 2012.

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.