

ANNESSA CARL G
Form 4
May 05, 2009

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
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 *
ANNESSA CARL G

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)
05/04/2009

____ Director
 Officer (give title below) _____ Other (specify below)
Executive Vice President & COO

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	05/04/2009		M		10,000 (1)	A	\$ 13.825 170,045 D
COMMON STOCK	05/04/2009		M		10,000	A	\$ 11.2 180,045 D
COMMON STOCK	05/04/2009		M		5,000	A	\$ 6.625 185,045 D
COMMON STOCK	05/04/2009		S		10,000 (1)	D	\$ 25.2011 175,045 D
	05/04/2009		S		15,000	D	160,045 D

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COMMON
STOCK

\$
25.2011
(2)

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)	Amount or Number of Shares
Employee Stock Option (right to buy)	\$ 13.825	05/04/2009		M	10,000 <u>(1)</u>	<u>(3)</u> 02/16/2014	Common Stock	10,000
Employee Stock Option (right to buy)	\$ 11.2	05/04/2009		M	10,000	<u>(4)</u> 03/12/2013	Common Stock	10,000
Employee Stock Option (right to buy)	\$ 6.625	05/04/2009		M	5,000	<u>(5)</u> 03/08/2011	Common Stock	5,000

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

ANNESSA CARL G
103 NORTHPARK BOULEVARD, SUITE 300
COVINGTON, LA 70433

Executive Vice President & COO

Signatures

Carl G. Annessa

05/05/2009

**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) The transactions reported in this Form 4 line were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on November 12, 2008.

The price represents the weighted average price for multiple transactions reported on this line. Prices ranged from \$25.00 to \$25.99.
- (2) 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 transacted at each separate transaction price.
- (3) The option provides for vesting in three equal annual installments commencing on the first anniversary of the 2/17/2004 grant date.
- (4) The option provides for vesting in three equal annual installments commencing on the first anniversary of the 3/13/2003 grant date.
- (5) The option provides for vesting in five equal annual installments commencing on the 3/9/2001 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.