

Cook John S
Form 4
May 06, 2013

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

OMB APPROVAL

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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)
05/02/2013

____ Director
 Officer (give title below)
____ 10% Owner
____ Other (specify below)
EVP, CIO, Chief Commercial Off

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 | 05/02/2013 | | 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 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 |
| COMMON STOCK (right to buy) | \$ 23.1 | 05/02/2013 | | M | 12,000 (1) | (3) 02/22/2015 | COMMON STOCK | 12,000 |
| COMMON STOCK (right to buy) | \$ 33.15 | 05/03/2013 | | M | 5,000 (2) | (4) 02/14/2016 | COMMON STOCK | 5,000 |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | |
|---------------------------------------------------------------------------|---------------|-----------|--------------------------------|-------|
| | Director | 10% Owner | Officer | Other |
| Cook John S 103 NORTH PARK 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).

(1) Represents a broker-assisted exercise and sale of an employee stock option award granted to the Reporting Person on February 22, 2005 that would expire on February 22, 2015. This transaction was effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person.

(2) Represents a broker-assisted exercise and sale of an employee stock option award granted to the Reporting Person on February 14, 2006 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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