FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: 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).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

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 Reporti (Check all applicable) Director X Officer (give title			10% (Other	Owner (specify
(Last) (First) (Middle) 103 NORTHPARK BOULEVARD, SUITE 300						3. Date of Earliest Transaction (Month/Day/Year) 02/14/2009								Senior Vice President & CIO				
(Street) COVINGTON LA 70433 (City) (State) (Zip)					1. If Amendment, Date of 02/18/2009				of Original Filed (Month/Day/\				6. Indiv Line) X		vidual or Joint/Group Filing (Check Applicable 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																	
				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 ar			5. Amount of Securities Beneficially Owned Followin Reported		ities icially d Following	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		Trans	action(s) 3 and 4)		(11150.4)
COMMON STOCK				07/03/2008				J		307(1)	A	\$39.	\$39.024 ⁽⁵⁾		19,792	D		
COMMON STOCK ⁽⁶⁾				01/06/2009				J		1(1)	A	\$13	\$13.889		19,793	D		
COMMON STOCK ⁽⁶⁾				02/14/2009				D		10,500(2)	D		\$0		39,293	D		
COMMON STOCK				02/17/2009 ⁽⁵⁾)		Α		7,730 ⁽³⁾	A	\$	\$0		17,023	D		
COMMON STOCK				02/17/2009 ⁽⁵⁾				A		7,730(4)	A	\$	\$0		54,753	D		
COMMON STOCK ⁽⁶⁾																50	I	By UGMA custodian for children
	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																	
Security or Exercise (Month/Day/Year) if any			emed ion Date, //Day/Year) 4. Transi Code 8)				6. Date Expira (Mont	tion D		7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4)		Derivi Secur (Instr.	ivative d urity S tr. 5) B C F R	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
					Code	v	(A)	(D)	Date Exerc	isable	Expiration Date	Title	Amoun or Numbe of Shares					

Explanation of Responses:

- 1. Acquired through the Company's Employee Stock Purchase Plan (ESPP).
- 2. Forfeiture of a restricted stock award granted February 14, 2006.
- 3. These time-vest restricted stock unit awards will vest 1/3 each on the 2nd, 3rd and 4th anniversaries of the Grant Date.
- 4. These performance-vest restricted stock unit awards will vest on February 17, 2012 based upon the Company achieving at least one of certain specified performance objectives.
- 5. This line item is not new or revised, but is being reported again solely to gain access to the system. The purpose of the amendment is to correct a transaction date or acquisition price for this line item.
- 6. This line is not new or revised.

/s/ Paul M. Ordogne, as poa for 02/19/2009 John S. Cook

** Signature of Reporting Person

Date

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

- * 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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 Number.