SEC Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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1,650

86,724(4)

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Т

By Wife By

Family Trusts

11. Nature of Indirect Beneficial Ownership (Instr. 4)

	ed pursua	ant to Section 16(a)	of the S	ecuriti	es Exchange A	ct of 193			Estimated average burg	3235-0287 len 0.5	
1. Name and Address of Reporting Person* HORNBECK TODD M (Last) (First) (Middle) 103 NORTHPARK BOULEVARD, SUITE 300				DRE	SERVICE		k all applicable) Director 10% Owner				
	4. If An	4. If Amendment, Date of Original Filed (Month/Day/Year)									
lon-Deriv	/ative S	Securities Acc	uired	Dis	posed of, o	r Bene	ficially C	Dwned			
2. Transa Date	action	Execution Date,		ction	4. Securities A	cquired (A) or	5. Amount of Securities Beneficially Owned Followin	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature o Indirect Beneficial Ownership (Instr. 4)	
			Code	v	Amount (A) or (D) Pri		Price	Transaction(s) (Instr. 3 and 4)		(1150.4)	
03/06	/2020		М		312,063	A	(1)	1,465,121	D		
03/06	/2020		F		122 ,797 ⁽²⁾	D	\$0.342	1,342,324	D		
								701 ⁽³⁾	I	By Limited Liability	
C	File	Filed pursua or Se 2. issu HOF /LA 3. Date 03/06 4. If An Non-Derivative S 2. Transaction	Filed pursuant to Section 16(a) or Section 30(h) of the In 2. Issuer Name and Ticke HORNBECK OF /LA [HOS] 3. Date of Earliest Transat 03/06/2020 4. If Amendment, Date of Non-Derivative Securities Acco 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 03/06/2020	Filed pursuant to Section 16(a) of the S or Section 30(h) of the Investme 2. Issuer Name and Ticker or Tract HORNBECK OFFSHO /LA [HOS] 3. Date of Earliest Transaction (Mu 03/06/2020 4. If Amendment, Date of Original Von-Derivative Securities Acquired, Idate (Month/Day/Year) 3. Transaction Execution Date, if any (Month/Day/Year) 3. Transa Code (8) Code 03/06/2020 M	Filed pursuant to Section 16(a) of the Securiti or Section 30(h) of the Investment Cor 2. Issuer Name and Ticker or Trading Sy HORNBECK OFFSHORE /LA [HOS] 3. Date of Earliest Transaction (Month/D 00 4. If Amendment, Date of Original Filed of Von-Derivative Securities Acquired, Displate (Month/Day/Year) 3. Transaction Date, if any (Month/Day/Year) 3. Transaction Code (Instr. 8) 03/06/2020 M 0	Filed pursuant to Section 16(a) of the Securities Exchange A or Section 30(h) of the Investment Company Act of 19 2. Issuer Name and Ticker or Trading Symbol HORNBECK OFFSHORE SERVICE /LA [HOS] 3. Date of Earliest Transaction (Month/Day/Year) 00 4. If Amendment, Date of Original Filed (Month/Day/Year) 03/06/2020 4. If Amendment, Date of Original Filed (Month/Day/Year) 03/06/2020 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 03/06/2020 M 03/06/2020	Filed pursuant to Section 16(a) of the Securities Exchange Act of 193 or Section 30(h) of the Investment Company Act of 1940 2. Issuer Name and Ticker or Trading Symbol HORNBECK OFFSHORE SERVICES INC (LA [HOS] 3. Date of Earliest Transaction (Month/Day/Year) 00 4. If Amendment, Date of Original Filed (Month/Day/Year) Von-Derivative Securities Acquired, Disposed of, or Beneric Month/Day/Year 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Code V Amount (A) or (D) 03/06/2020 M 312,063	Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 2. Issuer Name and Ticker or Trading Symbol HORNBECK OFFSHORE SERVICES INC (LA [HOS] 5. Rela (Check X 3. Date of Earliest Transaction (Month/Day/Year) 03/06/2020 5. India 4. If Amendment, Date of Original Filed (Month/Day/Year) 6. India Von-Derivative Securities Acquired, Disposed of, or Beneficially C 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) 03/06/2020 M 312,063 A (I)	TATEINENT OF CHANGES IN BENEFICIAL OWNERSHIP Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 Section 30(h) of the Investment Company Act of 1940 Section 30(h) of the Investment Company Act of 1940 Section 30(h) of the Investment Company Act of 1940 Section 30(h) of the Investment Company Act of 1940 Section 30(h) of the Investment Company Act of 1940 Section 30(h) of the Investment Company Act of 1940 Section 30(h) of the Investment Company Act of 1940 Section 30(h) of the Investment Company Act of 1940 Section 30(h) of the Investment Company Act of 1940 Section 30(h) of the Investment Company Act of 1940 Section 2000 A late of Earliest Transaction (Month/Day/Year) 5. Relationship of Repr 3. Date of Earliest Transaction (Month/Day/Year) 6. Individual or Joint/Guine A late of Original Filed (Month/Day/Year) 6. Individual or Joint/Guine A Deemed Execution Date, if any (Month/Day/Year) 3. Transaction (Dot (Instr. 3, 4 and 5)) 5. Amount of Disposed Of (D) (Instr. 3, 4 and 5) 5. Amount of Disported (Transaction (B) (Instr. 3 and 4)	Estimated average burk hours per response: Estimated average burk hours per response: Section 30(h) of the Investment Company Act of 1940 5. Relationship of Reporting Person(s) to Is (DRCK all applicable) X Director 10% X Form filed by One Reporting Person President & CEO X Form filed by More than One Rep Person X X Form filed by More than One Rep Person Securities Acquired (A) or Securities Perfected Transaction (Month/Day/Year) Securities Acquired (A) or Transaction (Month/Day/Year) Securities Acquired (A) or Transaction (Nonth/Day/Year) Some of (D) (Instr. 3, 4 and 5) Securities Acquired (A)	

COMMO	N STOCK												7	0		I B	y Child
COMMON STOCK													22)		I By	By IRA
			Table II - Der (e.g								, or Bene ble secu		wned				
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. Transa Code (8)		Deri Sec Acq or D of (I			urities Underlying ivative Security fr. 3 and 4) Underlying (Instr. 5) Derivative Security (Instr. 5) Benefic Owmed Followin Reporte		Following Reported	y	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownershi (Instr. 4)			
				Code	v	(A)	(D)	Date Exercisabl		Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)	n(s)		
PHANTOM STOCK	(1)	03/06/2020		м			312,063	(1)	T	(1)	COMMON STOCK	312,063	(1)	624,120	5	D	

Explanation of Responses:

COMMON STOCK

COMMON STOCK

1. Represents the one-third vesting of a time-vest phantom restricted stock unit award with a Grant Date of March 8, 2019. Each phantom unit is the economic equivalent of one share of the Company's Common Stock. 2. Disposition of these shares represents payment of tax liability by delivering or withholding securities incident to the vesting of a phantom restricted stock unit award issued in accordance with Rule 16b-3.

3. Represents shares beneficially owned by Reporting Person through a closely held Limited Liability Company.

4. Represents shares beneficially owned by Reporting Person through various family trusts.

Remarks:

/s/ Beth A. LaBrosse as POA for	00/10/2020
Todd M. Hornbock	03/10/2020

Todd M. Hornbeck

** 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.