FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPRO	VAL							
	OMB Number:	3235-0287							
l	Estimated average burden								
l	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

1. Name and Address of Reporting Person* HORNBECK TODD M							2. Issuer Name and Ticker or Trading Symbol HORNBECK OFFSHORE SERVICES INC /LA [HOS]									all app		ig Perso	10% C	wner	
(Last) 103 NOR SUITE 3	THPARK	rst) (BOULEVARD	Middle)			3. Date of Earliest Transaction (Month/Day/Year) 06/20/2005										belov	er (give title v) nairman, Pr	res., C	below)		
(Street) COVINGTON LA 70433 (City) (State) (Zip)						4. If Amendment, Date of Original Filed (Month/Day/Year)									Individual or Joint/Group Filing (Check Applicable Line) X 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																					
1. Title of Security (Instr. 3) 2. Transac Date (Month/Da						Execution Date			Code (Instr.		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4 5)				4 and Secur Bene Owne		cially I Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership	
								Code	v	Amount	(A) or (D)		Price	•	Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)		
Common Stock 06/20/							2005				19,225	5	D	\$2	7.5	506,824			D		
Common Stock 06/20/2)/2005				S ⁽²⁾		38,650	0	D	\$27.5		110,000			I	By family trusts ⁽³⁾	
		Та									sed of, onvertib					wned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deem Executior if any (Month/Da	Date,	4. Transactio Code (Inst 8)				6. Date E Expiratio (Month/D	n Date	•	7. Title and Amount of Securities Underlying Derivative Security (Ins and 4)		str. 3	Deri Sec	Price of rivative curity str. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction((Instr. 4)	Ownershi Form: Direct (D) or Indirec (I) (Instr. 4	vnership rm: rect (D) Indirect	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code	v	(A)	(D)			Expiration Date	Title	or	ount mber ires									

Explanation of Responses:

- 1. The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on March 17, 2005.
- 2. The sales reported in this Form 4 were effected pursuant to Rule 10b5-1 trading plans adopted by family trusts related to the reporting person on March 17, 2005.
- 3. Represents shares beneficially owned by Reporting Person through various family trusts.

<u>/s/ Paul M. Ordogne, poa for</u> Todd M. Ho<u>rnbeck</u>

06/22/2005

Date

** Signature of Reporting Person

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.