

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

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 * <u>Cook John S</u> (Last) (First) (Middle) 103 NORTH PARK BOULEVARD, SUITE 300 (Street) COVINGTON LA 70433 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>HORNBECK OFFSHORE SERVICES INC /LA [HOS]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Executive VP, CCO, & CIO</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>02/10/2020</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	

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	(A) or (D)	Price			
COMMON STOCK	02/10/2020		M		13,659	A	(1)	244,009	D	
COMMON STOCK	02/10/2020		F		3,326(2)	D	\$0.101	240,683	D	
COMMON STOCK	02/10/2020		M		81,951	A	(3)	322,634	D	
COMMON STOCK	02/10/2020		F		19,956(2)	D	\$0.101	302,678	D	
COMMON STOCK	02/10/2020		F		3,326(4)	D	\$0.131	299,352	D	
COMMON STOCK								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)

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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
PHANTOM STOCK	(1)	02/10/2020		M			13,659	(1)	(1)	COMMON STOCK	13,659	(1)	0	D	
PHANTOM STOCK	(3)	02/10/2020		M			81,951	(3)	(3)	COMMON STOCK	81,951	(3)	0	D	

Explanation of Responses:

- Represents the one-third vesting of a time-vest phantom restricted stock unit award with a Grant Date of February 14, 2017. Each phantom unit is the economic equivalent of one share of the Company's Common Stock.
- 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.
- Represents the vesting of a performance-vest phantom restricted stock unit award with a Grant Date of February 14, 2017. Each phantom unit is the economic equivalent of one share of the Company's Common Stock.
- Disposition of these shares represents payment of tax liability by delivering or withholding securities incident to the vesting of a restricted stock unit award issued in accordance with Rule 16b-3.

Remarks:

/s/ Beth A. LaBrosse as POA 02/12/2020
for 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.