FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	UMB APPRO	VAL				
I	OMB Number:	3235-0287				
	Estimated average burde	en				
	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

l	nd Address of HER PAT	[]	2. Issuer Name and Ticker or Trading Symbol HORNBECK OFFSHORE SERVICES INC /LA [HOS]										ck all applica		oorting Person(s) to Issuer 10% Owner					
(Last) 103 NOF	(F RTHPARK I		3. Date of Earliest Transaction (Month/Day/Year) 11/17/2014										Officer (below)	give title	e Other (s below)		pecify			
(Street) COVINGTON LA 70433 (City) (State) (Zip)					4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Inc Line)	Form file	ral or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(5	-	ble I - Non-	Derivat	ive Se	cur	ities Ac	.an	ired. [Disr	osed o	of. or	Bene	ficially	Owned					
1. Title of Security (Instr. 3) 2. Transa Date							3. Transaction Code (Instr.		4. Securities Acquired (A)			A) or	5. Amoun Securities Beneficia Owned Fo	s Form ally (D) collowing (I) (II		: Direct Indirect str. 4)	7. Nature of Indirect Beneficial Ownership			
						Code	v	Amount		(A) or (D)	Price	Reported Transacti (Instr. 3 a				(Instr. 4)				
СОММО	N STOCK	11/17/2	//2014			M		4,000(1)		Α	\$23.1	48,970			D					
COMMON STOCK															1,000			I	By IRA	
	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	Code	saction (Instr.	Deri Sec Acq or D of (I	umber of vative urities uired (A) visposed D) (Instr. and 5)	6. Date Exercisab Expiration Date (Month/Day/Year)			of Securities			curity	8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported Transacti	Owners Form: Direct (or Indii (i) (Inst	Ownership	Beneficial Ownership ct (Instr. 4)	
				Code	v	(A)	(D)	Dat Exe	te ercisable		opiration	Title		Amount or Number of Shares		(Instr. 4)	on(s)			
STOCK OPTION (RIGHT TO BUY)	\$23.1	11/17/2014		М			4,000 ⁽¹⁾		(2)	02	2/22/2015		IMON OCK	4,000	\$0	0		D		

Explanation of Responses:

- 1. Represents a broker-assisted exercise and hold of a stock option award granted to the Reporting Person for service as a non-employee director of the company on February 22, 2005 that would expire on February 22, 2015
- 2. The option provides for vesting in three equal annual installments on the 1st, 2nd, and 3rd anniversaries of the February 22, 2005 Grant Date

/s/ Beth A. LaBrosse, as POA for Patricia B Melcher

11/19/2014

** 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.