

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

| 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).

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 (Last) (First) (Middle) 103 NORTHPARK BOULEVARD, SUITE 300 (Street) COVINGTON LA 70433 (City) (State) (Zip) | 2. Issuer Name and Ticker or Trading Symbol HORNBECK OFFSHORE SERVICES INC /LA [HOS] | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) President & CEO |
| | 3. Date of Earliest Transaction (Month/Day/Year) 02/15/2019 | |
| | | 6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> 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. 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 | 02/15/2019 | | M | | 47,339 | A | (1) | 951,526 | D | |
| COMMON STOCK | 02/15/2019 | | D | | 47,339 | D | \$1.47(1) | 904,187 | D | |
| COMMON STOCK | 02/15/2019 | | M | | 213,972 | A | (2) | 1,118,159 | D | |
| COMMON STOCK | 02/15/2019 | | D | | 213,972 | D | \$1.47(2) | 904,187 | D | |
| COMMON STOCK | 02/15/2019 | | F | | 14,155(3) | D | \$1.59 | 890,032 | D | |
| COMMON STOCK | | | | | | | | 701(4) | I | By Limited Liability Company |
| COMMON STOCK | | | | | | | | 1,650 | I | By Wife |
| COMMON STOCK | | | | | | | | 86,724(5) | I | By Family Trusts |
| COMMON STOCK | | | | | | | | 70 | I | By UTMA custodian for child |
| COMMON STOCK | | | | | | | | 220 | 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) | 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 | Amount or Number of Shares | | | | |
| PHANTOM STOCK | (1) | 02/15/2019 | | M | | 47,339 | (1) | (1) | COMMON STOCK | 47,339 | (1) | 0 | D | | |
| PHANTOM STOCK | (2) | 02/15/2019 | | M | | 213,972 | (2) | (2) | COMMON STOCK | 213,972 | (2) | 70,062 | D | | |
| PHANTOM STOCK | (6) | 02/15/2019 | | D | | 70,062 | (6) | (6) | COMMON STOCK | 70,062 | (6) | 0 | D | | |

Explanation of Responses:

- Represents the one-third vesting and cash settlement of a time-vest phantom stock unit award with a Grant Date of February 16, 2016. Each phantom unit is the economic equivalent of one share of the Company's Common Stock. The phantom shares are payable in cash or stock at the election of the Company. Cash awards are based on a 10 day trailing average of the market price of the Company's stock on the vesting date. No shares were actually issued, converted, or sold in connection with this transaction.
- Represents the vesting and cash settlement of a performance-vest phantom stock unit award with a Grant Date of February 16, 2016. Each phantom unit is the economic equivalent of one share of the Company's Common Stock. The phantom shares are payable in cash or stock at the election of the Company. Cash awards are based on a 10 day trailing average of the market price of the Company's stock on the vesting date. No shares were actually issued, converted, or sold in connection with this transaction.
- 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.
- Represents shares beneficially owned by Reporting Person through a closely held Limited Liability Company.
- Represents shares beneficially owned by Reporting Person through various family trusts.
- These shares represent the forfeiture of a portion of a performance-vest phantom stock unit award granted February 16, 2016.

Remarks:

/s/ Beth A. LaBrosse as POA for
Todd M. Hornbeck 02/20/2019

** 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.