SEC Form 4

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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[*]

 Cook John S

 (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]

 3. Date of Earliest Transaction (Month/Day/Year)
 02/14/2009

 4. If Amendment, Date of Original Filed (Month/Day/Year) | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable)

      Director   10% Owner
 X   Officer (give title below)   Other (specify below)

 Senior Vice President & CIO

 6. 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. 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	07/03/2008		J		307[1]	A	$39	49,792	D	
COMMON STOCK	01/06/2009		J		1[1]	A	$13.889	49,793	D	
COMMON STOCK	02/14/2009		D		10,500[2]	D	$0	39,293	D	
COMMON STOCK	02/18/2008		A		7,730[3]	A	$0	47,023	D	
COMMON STOCK	02/18/2008		A		7,730[4]	A	$0	54,753	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	Amount or Number of Shares				

Explanation of Responses:

1. Acquired through the Company's Employee Stock Purchase Plan (ESPP).

2. Forfeiture of a restricted stock award granted February 14, 2006.

3. These time-vest restricted stock unit awards will vest 1/3 each on the 2nd, 3rd and 4th anniversaries of the Grant Date.

4. These performance-vest restricted stock unit awards will vest on February 17, 2012 based upon the Company achieving at least one of certain specified performance objectives.

/s/ Paul M. Ordogne, as poa for John S. Cook	02/18/2009
** 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.