FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

OMB APPROVAL OMB Number:

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ANNESSA (2. Issuer Name and Ticker or Trading Symbol <u>HORNBECK OFFSHORE SERVICES INC</u> /LA [HOS]		ationship of Reporting Per c all applicable) Director Officer (give title below)	son(s) to Issuer 10% Owner Other (specify below)
(Last) (First) (Middle) 103 NORTHPARK BOULEVARD SUITE 300			3. Date of Earliest Transaction (Month/Day/Year) 02/14/2006		Executive Vice Pres	ident & COO
(Street) COVINGTON (City)	LA (State)	70433 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv Line) X	vidual or Joint/Group Filin Form filed by One Rep Form filed by More tha Person	orting 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. Deeme Execution if any (Month/Day		ion Date, Transaction Code (Instr.		4. Securities A Disposed Of (I			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock	02/14/2006		Α		14,600 ⁽¹⁾	Α	\$ <mark>0</mark>	44,600	D	

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. Transa Code (8)		of		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				
Stock Option (right to buy)	\$33.15	02/14/2006		A		13,500		02/14/2007 ⁽²⁾	02/14/2016	Common Stock	13,500	\$0	13,500	D	

Explanation of Responses:

1. Restricted stock award subject to forfeiture based on the relative stock price performance of HOS and certain of its public peers for the 3-year period ending 2/14/2009. The above shares represent the maximum amount of shares that may be received by the reporting person under the bonus and forfeiture provisions of this long-term incentive grant. The actual amount of shares finally received will be calculated as a percentage of the "Base" amount (equal to 50% of the above amount) based on the relative performance ranking of HOS compared to its peers, as follows: (1) Top 20% = 200% of Base; (2) Top 33-1/3% = between 150% and 200% of Base; (3) Top 50% = between 100% and 150% of Base; (4) Top 66-2/3% = between 50% and 100% of Base; and (5) Bottom 33-1/3% = no shares. Within categories (2), (3) and (4), the appropriate bonus and forfeiture factors related to the Base amount will be interpolated on a straight-line basis between the two performance percentages.

2. The option provides for vesting in three equal annual installments commencing on 02/14/2007.

/s/ Paul M. Ordogne, as poa for 02/16/2006

Carl G. Annessa

** 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.

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