

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

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

OMB APPROVAL	
OMB Number:	3235-0287
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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</u> <u>/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) Senior Vice President & CIO
	3. Date of Earliest Transaction (Month/Day/Year) 12/10/2012	
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	12/10/2012		M		3,600 <sup>(1)</sup>	A	\$11.2	78,600 <sup>(7)</sup>	D	
COMMON STOCK	12/10/2012		S		3,600 <sup>(1)</sup>	D	\$35.996 <sup>(2)</sup>	75,000	D	
COMMON STOCK	12/10/2012		M		4,000 <sup>(3)</sup>	A	\$13.825	79,000	D	
COMMON STOCK	12/10/2012		S		4,000 <sup>(3)</sup>	D	\$35.969 <sup>(4)</sup>	75,000	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
STOCK OPTION (RIGHT TO BUY)	\$11.2	12/10/2012		M			3,600	(5)	03/13/2013	COMMON STOCK	3,600	\$0	0	D	
STOCK OPTION (right to buy)	\$13.825	12/10/2012		M			4,000	(6)	02/17/2004	COMMON STOCK	4,000	\$0	0	D	

**Explanation of Responses:**

- Represents a broker-assisted exercise and sale of an employee stock option award granted to the reporting person on March 13, 2003 that would expire on March 13, 2013.
- The price represents the weighted average sale price for multiple transactions reported on this line. Sale prices ranged from \$35.990 to \$35.998. Reporting Person will provide, upon request by the Commission staff, the Issuer, or a security holder of the Issuer, full information regarding the number of shares purchased at each separate purchase price.
- Represents a broker-assisted exercise and sale of an employee stock option award granted to the reporting person on February 17, 2004 that would expire on February 17, 2014.
- The price represents the weighted average sale price for multiple transactions reported on this line. Sale prices ranged from \$35.962 to \$35.974. Reporting Person will provide, upon request by the Commission staff, the Issuer, or a security holder of the Issuer, full information regarding the number of shares purchased at each separate purchase price.
- The option provides for vesting in three equal annual installments on the 1st, 2nd and 3rd anniversaries of the March 13, 2003 Grant Date.
- The option provides for vesting in three equal annual installments on the 1st, 2nd and 3rd anniversaries of the February 17, 2004 Grant Date.
- Includes 482 shares acquired under the Company's employee stock purchase plan on June 30, 2012.

/s/ Paul M. Ordogne, as poa for 12/12/2012  
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.