

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

OMB APPROVAL	
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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* <u>Giberga Samuel A</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 X Officer (give title below) Other (specify below) <u>Executive VP &amp; General Counsel</u>
	3. Date of Earliest Transaction (Month/Day/Year) 02/10/2020	
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	02/10/2020		M		13,659	A	(1)	239,066	D	
COMMON STOCK	02/10/2020		F		3,326 <sup>(2)</sup>	D	\$0.101	235,740	D	
COMMON STOCK	02/10/2020		M		81,951	A	(3)	317,691	D	
COMMON STOCK	02/10/2020		F		19,956 <sup>(2)</sup>	D	\$0.101	297,735	D	
COMMON STOCK	02/10/2020		F		3,326 <sup>(4)</sup>	D	\$0.131	294,409	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. 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
PHANTOM STOCK	(1)	02/10/2020		M			13,659	(1)	(1)	COMMON STOCK	13,659	(1)	0	D	
PHANTOM STOCK	(3)	02/10/2020		M			81,951	(3)	(3)	COMMON STOCK	81,951	(3)	0	D	

**Explanation of Responses:**

- Represents the one-third vesting of a time-vest phantom restricted stock unit award with a Grant Date of February 14, 2017. Each phantom unit is the economic equivalent of one share of the Company's Common Stock.
- Disposition of these shares represents payment of tax liability by delivering or withholding securities incident to the vesting of a phantom restricted stock unit award issued in accordance with Rule 16b-3.
- Represents the vesting of a performance-vest phantom restricted stock unit award with a Grant Date of February 14, 2017. Each phantom unit is the economic equivalent of one share of the Company's Common Stock.
- 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.

**Remarks:**

/s/ Beth A. LaBrosse as POA      02/12/2020  
for Samuel A. Giberga

\*\* 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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