

| OMB APPROVAL                                 |           |
|----------------------------------------------|-----------|
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**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

|                                                                                                                                                                                                                          |                                                                                                            |                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Name and Address of Reporting Person*<br><u>HARP JAMES O JR</u><br><br>(Last) (First) (Middle)<br><u>103 NORTH PARK BOULEVARD, SUITE 300</u><br><br>(Street)<br><u>COVINGTON LA 70433</u><br><br>(City) (State) (Zip) | 2. Issuer Name and Ticker or Trading Symbol<br><u>HORNBECK OFFSHORE SERVICES INC</u><br><u>/LA [ HOS ]</u> | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable)<br>Director 10% Owner<br><input checked="" type="checkbox"/> Officer (give title below) Other (specify below)<br><u>Executive Vice President &amp; CFO</u> |
|                                                                                                                                                                                                                          | 3. Date of Earliest Transaction (Month/Day/Year)<br><u>02/06/2020</u>                                      |                                                                                                                                                                                                                                    |
|                                                                                                                                                                                                                          | 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                    | 02/06/2020                           |                                                    | M                              |   | 69,436                                                            | A          | (1)     | 399,374 <sup>(2)</sup>                                                                        | D                                                        |                                                       |
| COMMON STOCK                    | 02/06/2020                           |                                                    | F                              |   | 16,908 <sup>(3)</sup>                                             | D          | \$0.097 | 382,466                                                                                       | D                                                        |                                                       |
| COMMON STOCK                    |                                      |                                                    |                                |   |                                                                   |            |         | 12,784                                                                                        | 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 |
| PHANTOM STOCK                              | (1)                                                    | 02/06/2020                           |                                                    | M                              |   |                                                                                        | 69,436 | (1)                                                      | (1)             | COMMON STOCK                                                                      | 69,436                                     | (1)                                                                                                | 69,437                                                    | D                                                      |       |

**Explanation of Responses:**

- Represents the one-third vesting and cash settlement of a time-vest phantom restricted stock unit award with a Grant Date of February 6, 2018. Each phantom unit is the economic equivalent of one share of the Company's Common Stock.
- Includes 500 shares acquired under the Company's employee stock purchase plan on June 30, 2019 and 500 shares acquired under the Company's employee stock purchase plan on December 31, 2019.
- 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.

**Remarks:**

/s/ Beth A. LaBrosse as POA 02/10/2020  
for James O. Harp

\*\* 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.