FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

l	OMB APPRO	JVAL
	OMB Number:	3235-0287
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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

						01 (5000	011 00(11)	or tile i	iiiv courier		ipariy Act	01 10-11						
1. Name an	HC	2. Issuer Name and Ticker or Trading Symbol HORNBECK OFFSHORE SERVICES INC /LA [HOS]										p of Reportir plicable) ctor	ng Person(s) to	ssuer Owner					
(Last) (First) (Middle) 103 NORTHPARK BOULEVARD, SUITE 300								3. Date of Earliest Transaction (Month/Day/Year) 02/23/2016									er (give title w)	Other below	(specify y)
(Street) COVINGTON LA 70433 (City) (State) (Zip)							4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable ine) X Form filed by One Reporting Person Form filed by More than One Reporting Person			
			Tabl	e I - Non	-Deriv	ative	Se	curitie	s Ac	quired,	Dis	posed o	f, or	Bene	fici	ally Own	ed		
1. Title of Security (Instr. 3) 2. Transar Date (Month/Da							ar)	2A. Deemed Execution Date, if any (Month/Day/Year)		Code (Transaction Disposed Code (Instr. 5)					nd Secur Benef	icially d Following	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	Trans	action(s) 3 and 4)		(IIISti. 4)	
COMMON STOCK 02/23/												7,000	A \$		64,739		D		
COMMON STOCK																1,000		by IRA	
			Та									sed of, onvertib				y Owned			
1. Title of Derivative Security (Instr. 3)	2. Conversi or Exerci Price of Derivativ Security	on C se (I	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution E if any (Month/Day	Date,		ransaction Code (Instr.		of E		6. Date Exercisable and Expiration Date Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
						Code	v	(A)	(D)	Date Exercisal		Expiration Date	Title	or	ount nber res				

Explanation of Responses:

Remarks:

/s/ Beth A. LaBrosse as POA for Patricia B. Melcher 02/25/2016

** 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.