FORM 4

obligations may continue. See Instruction 1(b).

Check this box if no longer subject to Section 16. Form 4 or Form 5

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

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* HORNBECK TODD M | | | | | | 2. Issuer Name and Ticker or Trading Symbol HORNBECK OFFSHORE SERVICES INC /LA [HOS] | | | | | | | | | Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner Office of the American Check (considered) | | | | | |
|--|--|----|------------------|-----------------------------|----------------|--|-------------------------------|--|--------|-------|---|---------|--|---|--|---|--|---|---------------------------|--|
| (Last) (First) (Middle) 103 NORTHPARK BOULEVARD, SUITE 300 | | | | | | 3. Date of Earliest Transaction (Month/Day/Year) 01/07/2016 | | | | | | | | X Officer (give title Other (specify below) President & CEO | | | | | | |
| (Street) COVINGTON LA 70433 | | | | | 4. If | 4. If Amendment, Date of Original Filed (Month/Day/Year) | | | | | | | | | Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person | | | | | |
| (City) | (51 | | Zip) E I - No | n-Deriv | ative | Sec | curitie | s Ac | nuirec | I. Di | sposed o | f. or F | Renefi | ciall | v Owne | -d | | | | |
| 1. Title of Security (Instr. 3) | | | | 2. Transac Date | 2. Transaction | | 2A. Deemed Execution Date, | | 3. | | 4. Securities Acquired (A) o Disposed Of (D) (Instr. 3, 4 a 5) | | | 5. Amount of Securities Beneficially Owned Following | | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | | 7. Nature of Indirect Beneficial Ownership | | |
| | | | | | | | | | Code | v | Amount | (A) o | r Price | e | Reported Transact (Instr. 3 | tion(s) | | | (Instr. 4) | |
| COMMON STOCK 12/17/ | | | | | 2015 | 015 | | | G | | 30,000 | D | \$0 | 0.00 | | 2,375 | | D | | |
| COMMON STOCK 01/0 | | | | 01/07/2 | 01/07/2016 | | | | P | | 12,196 | A | \$8. | 8.2 ⁽¹⁾ 865,071 ⁽²⁾ | | 071 ⁽²⁾ | D | | | |
| COMMON STOCK | | | | 01/08/2016 | | | | | G | | 4,800 | D | \$0 | \$0.00 860,2 | | ,271 | | D | | |
| COMMON STOCK | | | | | | | | | | | | | | 42,511(3) | | 511 ⁽³⁾ | | | By Limited Partnership | |
| COMMON STOCK | | | | | | | | | | | | | | | 1,0 | 650 | | I | By Wife | |
| COMMON STOCK | | | | | | | | | | | | | | | 20,0 | 000(4) | | | By Family Trusts | |
| COMMON STOCK | | | | | | | | | | | | | | 70 | | | I | By UTMA custodian for child | | |
| COMMON STOCK | | | | | | | | | | | | | | | 2 | 20 | | I | By IRA | |
| | | Та | ıble II - | | | | | | | | osed of, convertib | | | | Owned | | | | | |
| 1. Title of Derivative Security (Instr. 3) | vative Conversion Date Execution or Exercise (Month/Day/Year) if any | | on Date, | Date, Transact Code (In: | | Str. Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | | 6. Date Exerc Expiration Da (Month/Day/N | | ate | 7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4) Amoun or Numbe of Title Shares | | 3 Signature of the state of the | . Price of erivative ecurity nstr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4) | | 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | Beneficial Ownership | | |

Explanation of Responses:

- 1. This transaction was effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person on December 15, 2015.
- 2. Includes 500 shares acquired under the Company's employee stock purchase plan on December 31, 2015.
- 3. Represents shares beneficially owned by Reporting Person through a Family Limited Partnership
- 4. Represents shares beneficially owned by Reporting Person through various family trusts.

Remarks:

/s/ Beth A. LaBrosse as POA for Todd M. Hornbeck ** Signature of Reporting Person

01/08/2016

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.