

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	
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1. Name and Address of Reporting Person* <u>HORNBECK TODD M</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) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) Chairman, Pres., CEO, Sec.
	3. Date of Earliest Transaction (Month/Day/Year) 08/10/2005	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person

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	08/10/2005		M		3,000	A	\$4.63	499,824	D	
Common Stock	08/10/2005		M		10,000	A	\$5.1	509,824	D	
Common Stock	08/10/2005		M		32,900	A	\$6.625	542,724	D	
Common Stock	08/10/2005		S		300	D	\$33.42	542,424	D	
Common Stock	08/10/2005		S		2,400	D	\$33.36	540,024	D	
Common Stock	08/10/2005		S		300	D	\$33.39	539,724	D	
Common Stock	08/10/2005		S		8,500	D	\$33.45	531,224	D	
Common Stock	08/10/2005		S		30,700	D	\$33.5	500,524	D	
Common Stock	08/10/2005		S		800	D	\$33.51	499,724	D	
Common Stock	08/10/2005		S		2,900	D	\$33.7	496,824	D	
Common Stock								60,000	I	By family trusts ⁽¹⁾

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)	\$4.63	08/10/2005		M			3,000	02/25/1999 ⁽²⁾	02/25/2009	Common Stock	3,000	\$0	0	D	
Stock Option (Right to Buy)	\$5.1	08/10/2005		M			10,000	03/01/2000 ⁽³⁾	03/01/2010	Common Stock	10,000	\$0	0	D	
Stock Option (Right to Buy)	\$6.63	08/10/2005		M			32,900	03/09/2001 ⁽⁴⁾	03/09/2011	Common Stock	32,900	\$0	27,100	D	

Explanation of Responses:

1. Represents shares beneficially owned by Reporting Person through various family trusts.
2. The option provides for vesting in three equal annual installments commencing on 02/25/1999.
3. The option provides for vesting in three equal annual installments commencing on 03/01/2000.
4. The option provides for vesting in five equal annual installments commencing on 03/09/2001.

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.