

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* <u>ANNESSA CARL G</u> (Last) (First) (Middle) <u>103 NORTH PARK BOULEVARD, SUITE 300</u> (Street) <u>COVINGTON LA 70433</u> (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 <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Executive Vice President & COO</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>05/04/2009</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	05/04/2009		M		10,000 ⁽¹⁾	A	\$13.825	170,045	D	
COMMON STOCK	05/04/2009		M		10,000	A	\$11.2	180,045	D	
COMMON STOCK	05/04/2009		M		5,000	A	\$6.625	185,045	D	
COMMON STOCK	05/04/2009		S		10,000 ⁽¹⁾	D	\$25.2011 ⁽²⁾	175,045	D	
COMMON STOCK	05/04/2009		S		15,000	D	\$25.2011 ⁽²⁾	160,045	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
Employee Stock Option (right to buy)	\$13.825	05/04/2009		M		10,000 ⁽¹⁾		(3)	02/16/2014	Common Stock	10,000	\$0	0	D	
Employee Stock Option (right to buy)	\$11.2	05/04/2009		M		10,000		(4)	03/12/2013	Common Stock	10,000	\$0	7,000	D	
Employee Stock Option (right to buy)	\$6.625	05/04/2009		M		5,000		(5)	03/08/2011	Common Stock	5,000	\$0	0	D	

Explanation of Responses:

- The transactions reported in this Form 4 line were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on November 12, 2008.
- The price represents the weighted average price for multiple transactions reported on this line. Prices ranged from \$25.00 to \$25.99. Reporting Person will provide, upon request by the Commission staff, the Issuer, or a security holder of the Issuer, full information regarding the number of shares transacted at each separate transaction price.
- The option provides for vesting in three equal annual installments commencing on the first anniversary of the 2/17/2004 grant date.
- The option provides for vesting in three equal annual installments commencing on the first anniversary of the 3/13/2003 grant date.
- The option provides for vesting in five equal annual installments commencing on the 3/9/2001 grant date.

Carl G. Annessa

05/05/2009

** 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.