

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL	
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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

1. Name and Address of Reporting Person* VACCARI CHRISTIAN G (Last) (First) (Middle) 103 NORTH PARK BOULEVARD SUITE 300 (Street) COVINGTON LA 70433 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol HORNBECK OFFSHORE SERVICES INC /LA [HOS]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner Officer (give title below) <input checked="" type="checkbox"/> Other (specify below) Shareholder of 10% owner
	3. Date of Earliest Transaction (Month/Day/Year) 03/31/2004	
	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	03/31/2004		M		120,000	A	\$6.63	222,671	D	
Common Stock								2,051,746 ⁽¹⁾	I	by affiliation
Common Stock								27,176 ⁽²⁾	I	by family trusts

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
Common Stock (right to buy)	\$6.63	03/31/2004		M			120,000	03/09/2001 ⁽³⁾	03/09/2011 ⁽³⁾	Common Stock	120,000	(4)	0	D	

Explanation of Responses:

- Represents shares held directly by Cari Investment Company. Christian G. Vaccari, the reporting person, Nori Vaccari Starck and Jon P. Vaccari are each a one-third shareholder of Cari Investment Company. Due to their shared voting and dispositive power over Cari Investment Company, each may be deemed to exercise shared voting and dispositive power over the shares of the issuer held directly by Cari Investment Company. Mr. Christian G. Vaccari disclaims beneficial ownership of two thirds of such shares.
- Represents shares held in trust for the benefit of Mr. Vaccari's children, of which Mr. Vaccari is a co-trustee. Mr. Vaccari disclaims beneficial ownership of these securities, and this report shall not be deemed as an admission that Mr. Vaccari is the beneficial owner of the securities for purposes of Section 16 or for any other purpose.
- Options became fully vested on February 27, 2002.
- Transaction is an exercise of employee stock options, see exercise price in Column 2 above.

/s/ Timothy P. McCarthy_poa for 04/02/2004
Christian G. Vaccari

** 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.

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