

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>SIMMONS L E</u> <hr/> (Last) (First) (Middle) <u>600 TRAVIS STE 6600</u> <hr/> (Street) <u>HOUSTON TX 77002</u> <hr/> (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 Officer (give title below) <input checked="" type="checkbox"/> Other (specify below) <u>Member of Group</u> | | |
| | | | 3. Date of Earliest Transaction (Month/Day/Year) <u>03/28/2006</u> | | | | | |
| | | | 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 | 03/28/2006 | | S ⁽¹⁾⁽²⁾ | | 89,800 | D | \$34.16 | 1,293,508 | I | By SCF-IV, L.P. ⁽³⁾ |
| Common Stock | 03/29/2006 | | S ⁽¹⁾⁽²⁾ | | 125,000 | D | \$34.82 | 1,168,508 | I | By SCF-IV, L.P. ⁽³⁾ |
| Common Stock | 03/30/2006 | | S ⁽¹⁾⁽²⁾ | | 104,500 | D | \$35.34 | 1,064,008 | I | By SCF-IV, L.P. ⁽³⁾ |

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) | | 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) | | | | | |

1. Name and Address of Reporting Person*
SIMMONS L E

 (Last) (First) (Middle)
600 TRAVIS STE 6600

 (Street)
HOUSTON TX 77002

 (City) (State) (Zip)

1. Name and Address of Reporting Person*
SCF IV LP

 (Last) (First) (Middle)
600 TRAVIS STE 6600

 (Street)
HOUSTON TX 77002

 (City) (State) (Zip)

1. Name and Address of Reporting Person*
SCF IV GP LTD PARTNERSHIP

| | | |
|---------------------|---------|----------|
| (Last) | (First) | (Middle) |
| 600 TRAVIS STE 6600 | | |
| <hr/> | | |
| (Street) | | |
| HOUSTON | TX | 77002 |
| <hr/> | | |
| (City) | (State) | (Zip) |

Explanation of Responses:

1. Reflects sale of common stock of issuer held by SCF-IV, L.P.
2. The shares reflected on this Form 4 were sold pursuant to a trading plan adopted by SCF-IV, L.P. under Rule 10b5-1 on March 17, 2006.
3. The reporting person is sole stockholder and sole director of L.E. Simmons & Associates, Incorporated, a Delaware corporation (LESA), which is the sole general partner of SCF-IV GP Limited Partnership, a Delaware limited partnership (SCF-IV GP), SCF-IV 3i LP, a Delaware limited partnership (SCFIV 3i) and SCF-IV Management Partners LP, a Delaware limited partnership (SCF-IV MP). Additionally, SCF-IV GP is the sole general partner of SCF-IV LP, a Delaware limited partnership (SCF-IV). Based on the reporting person's affiliation with SCF-IV, SCF-IV GP, SCFIV 3i, SCF-IV MP, and LESA (collectively the "Related Entities"), the reporting person may be deemed to beneficially own all of the shares of common stock of the Issuer beneficially owned or deemed to be beneficially owned by the Related Entities.

Remarks:

L.E. Simmons is signing for himself, as the designated filer, as well as in his capacity as attorney-in-fact for LESA, SCF-IV GP, and SCF-IV.

L.E. Simmons

03/30/2006

** 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.