

Cook John S
 Form 4
 December 12, 2012

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

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).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
 Cook John S

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)

(Last) (First) (Middle)
 103 NORTH PARK BOULEVARD,
 SUITE 300
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 12/10/2012

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 Senior Vice President & CIO

COVINGTON, LA 70433

4. If Amendment, Date Original Filed (Month/Day/Year)

6. Individual or Joint/Group Filing (Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

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 or Price		
COMMON STOCK	12/10/2012		M		3,600 ⁽¹⁾ \$ 11.2	D	
COMMON STOCK	12/10/2012		S		3,600 ⁽¹⁾ \$ 35.996 ⁽²⁾	D	
COMMON STOCK	12/10/2012		M		4,000 ⁽³⁾ \$ 13.825	D	
COMMON STOCK	12/10/2012		S		4,000 ⁽³⁾ \$ 35.969 ⁽⁴⁾	D	

COMMON STOCK	50	I	By UGMA custodian for children
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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474 (9-02)

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 Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares
				Code	V (A) (D)	Date Exercisable Expiration Date	Title	
STOCK OPTION (RIGHT TO BUY)	\$ 11.2	12/10/2012		M	3,600	<u>(5)</u> 03/13/2013	COMMON STOCK	3,600
STOCK OPTION (right to buy)	\$ 13.825	12/10/2012		M	4,000	<u>(6)</u> 02/17/2004	COMMON STOCK	4,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Cook John S 103 NORTHPARK BOULEVARD, SUITE 300 COVINGTON, LA 70433			Senior Vice President & CIO	

Signatures

/s/ Paul M. Ordogne, as poa for John S.
Cook

12/12/2012

__Signature of Reporting Person

Date

Explanation of Responses:

- * 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).
- (1) Represents a broker-assisted exercise and sale of an employee stock option award granted to the reporting person on March 13, 2003 that would expire on March 13, 2013.
The price represents the weighted average sale price for multiple transactions reported on this line. Sale prices ranged from \$35.990 to \$35.998. 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 purchased at each separate purchase price.
- (3) Represents a broker-assisted exercise and sale of an employee stock option award granted to the reporting person on February 17, 2004 that would expire on February 17, 2014.
The price represents the weighted average sale price for multiple transactions reported on this line. Sale prices ranged from \$35.962 to \$35.974. 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 purchased at each separate purchase price.
- (5) The option provides for vesting in three equal annual installments on the 1st, 2nd and 3rd anniversaries of the March 13, 2003 Grant Date.
- (6) The option provides for vesting in three equal annual installments on the 1st, 2nd and 3rd anniversaries of the February 17, 2004 Grant Date.
- (7) Includes 482 shares acquired under the Company's employee stock purchase plan on June 30, 2012.

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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