

HORNBECK TODD M
Form 4
March 21, 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 *
HORNBECK TODD M

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

3. Date of Earliest Transaction
(Month/Day/Year)
03/19/2012

Director 10% Owner
 Officer (give title below) Other (specify below)
President & CEO

(Street)
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 (A) or (D)		
COMMON STOCK	03/19/2012		S		14,800 (1)	D	
COMMON STOCK	03/19/2012		M		12,500 (1) (2)	A	
COMMON STOCK	03/19/2012		S		12,500 (1) (2)	D	
					\$ 43.023 (3)		
COMMON STOCK					1,650	I	By Wife
					50,000	I	

COMMON STOCK						By Family Trusts ⁽⁴⁾
COMMON STOCK			70	I		By UTMA custodian for child
COMMON STOCK			220	I		By IRA

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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 control number.

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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
STOCK OPTION (RIGHT TO BUY)	\$ 11.2	03/19/2012		M	12,500 ⁽¹⁾	⁽⁵⁾ 03/13/2013	COMMON STOCK	12,500

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HORNBECK TODD M 103 NORTHPARK BOULEVARD, SUITE 300 COVINGTON, LA 70433	X		President & CEO	

Signatures

/s/ Paul M. Ordogne, as poa for Todd M. Hornbeck
03/21/2012

**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) This transaction was effected pursuant to a Rule 10b5-1 trading plan.
- (2) 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 \$43.01 to

- (3) \$43.03. 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.
- (4) Represents shares beneficially owned by Reporting Person through various family trusts.
- (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.

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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