

ANNESSA CARL G
Form 4
May 05, 2009

FORM 4

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

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

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
ANNESSA CARL G

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)
05/04/2009

____ Director ____ 10% Owner
__X__ Officer (give title ____ Other (specify
below) below)
Executive Vice President & COO

(Street)
COVINGTON, LA 70433

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

6. Individual or Joint/Group Filing(Check
Applicable Line)
__X__ 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)
COMMON STOCK	05/04/2009		M	(A) or (D) Amount (1) 10,000	\$ 13.825 170,045	D	
COMMON STOCK	05/04/2009		M	10,000	\$ 11.2 180,045	D	
COMMON STOCK	05/04/2009		M	5,000	\$ 6.625 185,045	D	
COMMON STOCK	05/04/2009		S	10,000 (1)	\$ 25.2011 175,045 (2)	D	
	05/04/2009		S	15,000	160,045	D	

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COMMON
STOCK

\$
25.2011
(2)

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

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(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)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (right to buy)	\$ 13.825	05/04/2009		M		10,000 (1)		(3)	02/16/2014	Common Stock	10,000
Employee Stock Option (right to buy)	\$ 11.2	05/04/2009		M		10,000		(4)	03/12/2013	Common Stock	10,000
Employee Stock Option (right to buy)	\$ 6.625	05/04/2009		M		5,000		(5)	03/08/2011	Common Stock	5,000

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

ANNESSA CARL G
103 NORTH PARK BOULEVARD, SUITE 300
COVINGTON, LA 70433

Executive Vice President & COO

Signatures

Carl G. Annessa

05/05/2009

**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) 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.
- (2) 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.
- (3) The option provides for vesting in three equal annual installments commencing on the first anniversary of the 2/17/2004 grant date.
- (4) The option provides for vesting in three equal annual installments commencing on the first anniversary of the 3/13/2003 grant date.
- (5) The option provides for vesting in five equal annual installments commencing on the 3/9/2001 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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