HORNBECK TODD M

Form 4

March 22, 2013

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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response...

if no longer subject to Section 16. Form 4 or Form 5

Check this box

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue.

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

See Instruction

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)

3. Date of Earliest Transaction

10% Owner Other (specify

(Month/Day/Year)

03/20/2013

X_ Officer (give title below) President & CEO

103 NORTHPARK BOULEVARD, **SUITE 300**

(Street)

4. If Amendment, Date Original

Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check

Applicable Line)

_X__ Director

X Form filed by One Reporting Person Form filed by More than One Reporting

COVINGTON, LA 70433

(City)	(State) (Z	Zip) Table	I - Non-D	erivative S	Securi	ities Acquire	ed, Disposed of, o	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securities Acquired (A) ransaction Disposed of (D) ode (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
COMMON	00/00/00/0		Code V	Amount 8,700	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(I) (Instr. 4)	
STOCK COMMON	03/20/2013		M S	(1) 8,700	A D	\$ 13.825 \$ 45.0004	827,693 818,993	D D	
STOCK COMMON	03/20/2013		M	2,500 (1)	A	(2) \$ 13.825		D	
STOCK COMMON STOCK	03/21/2013		S	2,500 (1)	D	\$ 45	818,993	D	
							1,650	I	By Wife

COMMON STOCK

COMMON STOCK	20,000	I	By Family Trusts (3)
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.

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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. Transactic Code (Instr. 8)	Transaction Derivative Code Securities		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	Amoun or Number of Shares	
COMMON STOCK (right to buy)	\$ 13.825	03/20/2013		M	8,700 (1)	<u>(4)</u>	02/17/2014	COMMON STOCK	8,700	
COMMON STOCK (right to buy)	\$ 13.825	03/21/2013		M	2,500 (1)	<u>(4)</u>	02/17/2014	COMMON STOCK	2,500	

Reporting Owners

Reporting Owner Name / Address	Keiauonsinps					
	Director	10% Owner	Officer	Other		

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HORNBECK TODD M

103 NORTHPARK BOULEVARD, SUITE 300 X

COVINGTON, LA 70433

President & CEO

Signatures

/s/ Paul M. Ordogne, as poa for Todd M.
Hornbeck
03/22/2013

**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).
- Represents a broker-assisted exercise and sale of an employee stock option award granted to the Reporting Person on February 17, 2004 (1) that would expire on February 17, 2014. This transaction was effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person.
- The price represents the weighted average sale price for multiple transactions reported on this line. Sale prices ranged from \$45.000 to (2) \$45.003. Reporting Person will provide, upon request by the Commission staff, the Issuer, or a security holder of the Issuer, full
- (2) \$45.003. 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 shares beneficially owned by Reporting Person through various family trusts.
- (4) The option provides for vesting in three equal annual installments on the 1st, 2nd and 3rd anniversaries of the February 17, 2004 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. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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