

HORNBECK OFFSHORE SERVICES INC /LA
 Form 4
 September 07, 2006

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 *
 WAITE ANDREW L

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)
 600 TRAVIS, SUITE 6600
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 09/05/2006

____ Director
 ____ Officer (give title below)
 ____ 10% Owner
 ____ Other (specify below)
 Former Director

HOUSTON, TX 77002

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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	09/05/2006		M		11,999 A \$ 6.63	11,999	D
Common Stock	09/05/2006		M		1,700 A \$ 11.2	13,699	D
Common Stock	09/05/2006		M		4,000 A \$ 13.83	17,699	D
Common Stock	09/05/2006		M		4,000 A \$ 23.1	21,699	D
Common Stock	09/05/2006		M		2,425 A \$ 27.74	24,124	D

Purchase)

Common
Stock
Option \$ 23.1 09/05/2006 X 4,000 (6) (6) Common
(Right to Stock
Purchase) 4,000 \$

Common
Stock
Option \$ 27.74 09/05/2006 X 2,425 (7) (7) Common
(Right to Stock
Purchase) 2,425 \$

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
WAITE ANDREW L 600 TRAVIS, SUITE 6600 HOUSTON, TX 77002				Former Director

Signatures

Andrew L.
Waite 09/07/2006

**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) Stock options issued on 3/9/2001. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 3/9/2011 if not exercised prior. Fully exercisable at 9/5/2006.
- (2) Stock options issued on 9/19/2001. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 9/19/2011 if not exercised prior. Fully exercisable at 9/5/2006.
- (3) Stock options issued on 3/5/2002. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 3/5/2012 if not exercised prior. Fully exercisable at 9/5/2006.
- (4) Stock options issued on 3/13/2003. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 3/13/2013 if not exercised prior. Fully exercisable at 9/5/2006.
- (5) Stock options issued on 2/17/2004. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 2/17/2014 if not exercised prior. Fully exercisable at 9/5/2006.
- (6) Stock options issued on 2/22/2005. Would expire on the earlier of 1 year after Mr. Waite's resignation (8/1/2007) or 2/22/2015 if not exercised prior. Fully exercisable at 9/5/2006.
- (7) Stock options issued on 7/18/2005. Would expire on the earlier of 1 year after Mr. Waite's resignation (8/1/2007) or 7/18/2015 if not exercised prior. Fully exercisable at 9/5/2006.

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.