HORNBECK TODD M

Form 4

August 12, 2005

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

obligations

Check this box

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 may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(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)

3. Date of Earliest Transaction

(Month/Day/Year) 08/10/2005

X Director 10% Owner X_ Officer (give title Other (specify

below) Chairman, Pres., CEO, Sec.

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

COVINGTON, LA 70433

(City)	(State)	(Zip) Tabl	le I - Non-I	Derivative	Secur	ities Acqu	ired, Disposed of	, or Beneficial	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				5. Amount of 6. Securities Ownership Beneficially Form: Direct Owned (D) or Following Indirect (I) Reported (Instr. 4) Transaction(s)		7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common Stock	08/10/2005		M	3,000	A	\$ 4.63	499,824	D	
Common Stock	08/10/2005		M	10,000	A	\$ 5.1	509,824	D	
Common Stock	08/10/2005		M	32,900	A	\$ 6.625	542,724	D	
Common Stock	08/10/2005		S	300	D	\$ 33.42	542,424	D	
Common Stock	08/10/2005		S	2,400	D	\$ 33.36	540,024	D	

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Common Stock	08/10/2005	S	300	D	\$ 33.39	539,724	D	
Common Stock	08/10/2005	S	8,500	D	\$ 33.45	531,224	D	
Common Stock	08/10/2005	S	30,700	D	\$ 33.5	500,524	D	
Common Stock	08/10/2005	S	800	D	\$ 33.51	499,724	D	
Common Stock	08/10/2005	S	2,900	D	\$ 33.7	496,824	D	
Common Stock						60,000	I	By family trusts (1)

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

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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. Transactic Code (Instr. 8)	5. Number of iorDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		rivative Expiration Date curities (Month/Day/Yea quired (A) Disposed of str. 3, 4,		7. Title and A Underlying S (Instr. 3 and	Securities
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Share
Stock Option (Right to Buy)	\$ 4.63	08/10/2005		M		3,000	02/25/1999(2)	02/25/2009	Common Stock	3,000
Stock Option (Right to Buy)	\$ 5.1	08/10/2005		M		10,000	03/01/2000(3)	03/01/2010	Common Stock	10,000
Stock Option (Right to Buy)	\$ 6.63	08/10/2005		M		32,900	03/09/2001(4)	03/09/2011	Common Stock	32,900

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
HORNBECK TODD M 103 NORTHPARK BOULEVARD SUITE 300 COVINGTON 1.A 70433	X		Chairman, Pres., CEO, Sec.				

Signatures

/s/ Timothy McCarthy, poa for Todd M. Hornbeck

08/12/2005

**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 shares beneficially owned by Reporting Person through various family trusts.
- (2) The option provides for vesting in three equal annual installments commencing on 02/25/1999.
- (3) The option provides for vesting in three equal annual installments commencing on 03/01/2000.
- (4) The option provides for vesting in five equal annual installments commencing on 03/09/2001.

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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