

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| OMB APPROVAL | |
|----------------------------------------------|-----------|
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| 1. Name and Address of Reporting Person* <u>HORNBECK TODD M</u> (Last) (First) (Middle) 103 NORTH PARK BOULEVARD, SUITE 300 (Street) COVINGTON LA 70433 (City) (State) (Zip) | 2. Issuer Name and Ticker or Trading Symbol <u>HORNBECK OFFSHORE SERVICES INC</u> <u>/LA [HOS]</u> | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) President & CEO |
| | 3. Date of Earliest Transaction (Month/Day/Year) 03/16/2011 | |
| 4. If Amendment, Date of Original Filed (Month/Day/Year) | | |

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 | (A) or (D) | Price | | | |
| COMMON STOCK | 03/16/2011 | | M | | 13,000 ⁽¹⁾ | A | \$11.2 | 803,649 | D | |
| COMMON STOCK | 03/16/2011 | | S | | 13,000 ⁽¹⁾ | D | \$28.4559 ⁽³⁾ | 790,649 | D | |
| COMMON STOCK | 03/16/2011 | | S | | 6,535 | D | \$28.5542 ⁽⁴⁾ | 784,114 | D | |
| COMMON STOCK | | | | | | | | 1,650 | I | By Wife |
| COMMON STOCK | | | | | | | | 50,000 | I | By Family Trusts ⁽²⁾ |
| COMMON STOCK | | | | | | | | 70 | I | By UTMA custodian for child |
| COMMON STOCK | | | | | | | | 220 | I | By IRA |

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 Securities Underlying Derivative Security (Instr. 3 and 4) | 8. Price of Derivative Security (Instr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4) | 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) | |
|--------------------------------------------|--------------------------------------------------------|--------------------------------------|----------------------------------------------------|--------------------------------|---|----------------------------------------------------------------------------------------|--------|----------------------------------------------------------|-----------------|-----------------------------------------------------------------------------------|--------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------|-------|
| | | | | Code | V | (A) | (D) | Date Exercisable | Expiration Date | | | | | | Title |
| STOCK OPTION (RIGHT TO BUY) | \$11.2 | 03/16/2011 | | M | | | 13,000 | (5) | 03/13/2013 | COMMON STOCK | 13,000 | \$0 | 12,500 | D | |

Explanation of Responses:

1. Broker-assisted exercise and sale of an option granted March 13, 2003 that would expire on March 13, 2013.
2. Represents shares beneficially owned by Reporting Person through various family trusts.
3. The price represents the weighted average sale price for multiple transactions reported on this line. Sale prices ranged from \$28.40 to \$29.00. 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. The price represents the weighted average sale price for multiple transactions reported on this line. Sale prices ranged from \$28.40 to \$28.96. 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.
5. The option provides for vesting in three equal annual installments on the 1st, 2nd, and 3rd anniversaries of the Grant Date.

/s/ Paul M. Ordogne, as poa for 03/18/2011
Todd M. Hornbeck

** Signature of Reporting Person Date

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

* 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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 Number.