

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	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

1. Name and Address of Reporting Person* <u>HORNBECK TODD M</u> (Last) (First) (Middle) <u>103 NORTH PARK BOULEVARD, SUITE 300</u> (Street) <u>COVINGTON LA 70433</u> (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) <u>09/21/2018</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	
		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person

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	09/21/2018		J ⁽¹⁾		42,511	D	(1)	0	I	By Limited Partnership
COMMON STOCK	09/21/2018		J ⁽²⁾		701	A	(2)	701 ⁽³⁾	I	By Limited Liability Company
COMMON STOCK	09/21/2018		J ⁽⁴⁾		16,724	A	(4)	86,724 ⁽⁵⁾	I	By Family Trusts
COMMON STOCK								916,012 ⁽⁶⁾	D	
COMMON STOCK								1,650	I	By Wife
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)		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)					

Explanation of Responses:

1. A Family Limited Partnership of which the Reporting Person is the general partner of the entity general partner distributed its units to its partners on 9/21/2018.
2. A closely held Limited Liability Company of which the Reporting Person is a General Partner received a distribution of shares from a Family Limited Partnership.
3. Represents shares beneficially owned by Reporting Person through a closely held LLC
4. Family trusts of which the Reporting Person is trustee received a distribution of shares from a Family Limited Partnership.
5. Represents shares beneficially owned by Reporting Person through various family trusts.
6. Includes 500 shares acquired on June 30, 2018 under the Company's employee stock purchase plan.

Remarks:

/s/ Beth A. LaBrosse as POA 09/25/2018
for 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.