HORNBECK TODD M

Form 4

December 17, 2010

FORM 4

Check this box

if no longer

subject to

Section 16.

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

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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

1(b).

(City)

(State)

(Zip)

(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) 103 NORTHPARK BOULEVARD, SUITE 300	3. Date of Earliest Transaction (Month/Day/Year) 12/16/2010	_X_ Director 10% Owner Other (specify below) President & CEO		
(Street) COVINGTON, LA 70433	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		

Table I - Non-Derivative	Securities Acquired	Disposed of or	r Reneficially Owned

1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securities Acquired (A) ionor Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(I) (Instr. 4)	
COMMON STOCK	06/30/2010		J	500 (6)	A	\$ 12.41	791,217	D	
COMMON STOCK	12/16/2010		M	27,100 (4)	A	\$ 6.625	818,317	D	
COMMON STOCK	12/16/2010		S	27,100 (4)	D	\$ 20.7072 (7)	791,217	D	
COMMON STOCK	12/16/2010		S	34,460 (5)	D	\$ 20.6922 (8)	103,380	I	By Limited Partnership (1)

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COMMON STOCK	12/17/2010	S	34,460 (5)	D	\$ 20.9686 (9)	68,920	I	By Limited Partnership (1)
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

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

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 control number.

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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)	4. Transactio Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exer Expiration D (Month/Day/	ate	7. Title and Am Underlying Sec (Instr. 3 and 4)	
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
STOCK OPTION (right to buy)	\$ 6.625	12/16/2010	M	27,100	(3)	03/09/2011	COMMON STOCK	27,100

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
HORNBECK TODD M 103 NORTHPARK BOULEVARD, SUITE 300 COVINGTON, LA 70433	X		President & CEO			

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Signatures

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

12/17/2010

**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 the Reporting Person through a limited partnership.
- (2) Represents shares beneficially owned by Reporting Person through various family trusts.
- (3) The option vested in equal installments on March 9, 2001, 2002, 2003, 2004 and became fully vested on the date of the Company's initial public offering.
- (4) Broker-assisted exercise and sale of an option granted March 9, 2001 that would expire on March 9, 2011.
- (5) Represents shares transacted as part of the Reporting Person's overall family wealth planning program.
- (6) Acquired through the Company's Employee Stock Purchase Plan (ESPP).
- The price represents the weighted average sale price for multiple transactions reported on this line. Sale prices ranged from \$20.62 to (7) \$20.79. 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.
- The price represents the weighted average sale price for multiple transactions reported on this line. Sale prices ranged from \$20.64 to \$20.91. 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.
- The price represents the weighted average sale price for multiple transactions reported on this line. Sale prices ranged from \$20.95 to (9) \$21.01. 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.

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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