Cook John S Form 4 February 18, 2009

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

OMB

Check this box

3235-0287 Number: January 31, Expires: 2005

OMB APPROVAL

if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Estimated average burden hours per

Form 5 obligations may continue. See Instruction

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

response... 0.5

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

2. Issuer Name and Ticker or Trading Symbol

Issuer

Cook John S

HORNBECK OFFSHORE SERVICES INC /LA [HOS]

(Check all applicable)

(Last)

(First) (Middle) 3. Date of Earliest Transaction

Director 10% Owner Other (specify _X__ Officer (give title

5. Relationship of Reporting Person(s) to

103 NORTHPARK BOULEVARD,

SUITE 300

(Month/Day/Year)

below)

02/14/2009

Senior Vice President & CIO

6. Individual or Joint/Group Filing(Check

(Street) 4. If Amendment, Date Original

Applicable Line)

Filed(Month/Day/Year)

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

Person

COVINGTON, LA 70433

(City)	(State) (Z	Zip) Table	I - Non-De	erivative S	ecurit	ies Acquir	ed, 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. Transactic Code (Instr. 8)	4. Securit or Dispos (Instr. 3, 4	ed of (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)
COMMON STOCK	07/03/2008		J	307 (1)	A	\$ 39	49,792	D	
COMMON STOCK	01/06/2009		J	1 (1)	A	\$ 13.889	49,793	D	
COMMON STOCK	02/14/2009		D	10,500 (2)	D	\$ 0	39,293	D	
COMMON STOCK	02/18/2008		A	7,730 (3)	A	\$ 0	47,023	D	
COMMON STOCK	02/18/2008		A	7,730 (4)	A	\$ 0	54,753	D	

COMMON STOCK

50

By **UGMA** custodian for children

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.

SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.
Derivative	Conversion
Security	or Exercise
(Instr. 3)	Price of
	Derivative
	Security

3. Transaction Date 3A. Deemed (Month/Day/Year)

Execution Date, if (Month/Day/Year)

TransactionNumber of (Instr. 8) Derivative Securities

Acquired

Disposed

(Instr. 3, 4, and 5)

(A) or

of (D)

6. Date Exercisable and **Expiration Date** (Month/Day/Year)

7. Title and Amount of Underlying Securities (Instr. 3 and 4) 8. Price of Derivative Security (Instr. 5)

Secu Bene Own Follo

Repo Trans (Insti

Amount or Expiration Title Number of

Code V (A) (D)

Shares

Reporting Owners

Reporting Owner Name / Address

Relationships

Date Exercisable

Director 10% Owner Officer Other

Cook John S

103 NORTHPARK BOULEVARD, SUITE 300 COVINGTON, LA 70433

Senior Vice President & CIO

Date

Signatures

/s/ Paul M. Ordogne, as poa for John S.

02/18/2009

Cook

**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) Acquired through the Company's Employee Stock Purchase Plan (ESPP).

Reporting Owners 2

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- (2) Forfeiture of a restricted stock award granted February 14, 2006.
- (3) These time-vest restricted stock unit awards will vest 1/3 each on the 2nd, 3rd and 4th anniversaries of the Grant Date.
- (4) These performance-vest restricted stock unit awards will vest on February 17, 2012 based upon the Company achieving at least one of certain specified performance objectives.

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.