ANNESSA CARL G

Form 4 June 12, 2009

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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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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

ANNESSA CARL G

2. Issuer Name and Ticker or Trading

Symbol

(Middle)

(Zip)

HORNBECK OFFSHORE

SERVICES INC /LA [HOS]

3. Date of Earliest Transaction

Director

Issuer

10% Owner Other (specify

(Month/Day/Year)

06/11/2009

X_ Officer (give title below)

Executive Vice President & COO

(Check all applicable)

5. Relationship of Reporting Person(s) to

103 NORTHPARK BOULEVARD. **SUITE 300**

(Street)

(State)

(First)

(City)

(Last)

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

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

COVINGTON, LA 70433

		Table	1 - 14011-10	ciivative	occui i	nies Acquire	u, Disposeu oi, o	n beneficially	Owneu
1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securi	ties A	cquired (A)	5. Amount of	6.	7. Nature of
Security	(Month/Day/Year)	Execution Date, if	Transaction Disposed of (D)				Securities	Ownership	Indirect
(Instr. 3)		any	Code	(Instr. 3, 4 and 5)			Beneficially	Form:	Beneficial
		(Month/Day/Year)	(Instr. 8)				Owned	Direct (D)	Ownership
							Following	or Indirect	(Instr. 4)
					(4)		Reported	(I)	
					(A)		Transaction(s)	(Instr. 4)	
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
COMMON STOCK	06/11/2009		M	7,000	A	\$ 11.2	167,045	D	
COMMON STOCK	06/11/2009		S	7,000	D	\$ 28.7006 (2)	160,045	D	

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

Persons who respond to the collection of **SEC 1474** information contained in this form are not (9-02)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	rsion (Month/Day/Year) Execution Date, if Transaction Date any Code Secution Date, if Code Secution Date, if Code Secution Date, if Transaction Date, if Tra		Securities Acquired (A) or Disposed of	6. Date Exer Expiration D (Month/Day)	ate	7. Title and Amount of Underlying Securities (Instr. 3 and 4)		
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (right to buy)	\$ 11.2	06/11/2009		M	7,000	<u>(1)</u>	03/12/2013	Common Stock	7,000

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

ANNESSA CARL G 103 NORTHPARK BOULEVARD, SUITE 300 COVINGTON, LA 70433

Executive Vice President & COO

Signatures

Carl G. Annessa 06/12/2009

**Signature of Person Date

Reporting Person

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) The option provides for vesting in three equal annual installments commencing on the first anniversary of the 3/13/2003 grant date.
 - The price represents the weighted average price for multiple transactions reported on this line. Prices ranged from \$28.00 to \$28.99.

 Pencyting Person will provide upon request by the Commission staff, the Issuer, or a security holder of the Issuer, full information.
- (2) 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 transacted at each separate transaction 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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