

Cook John S
Form 4
March 12, 2019

FORM 4

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

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

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

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

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
Cook John S

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 NORTH PARK BOULEVARD,
SUITE 300

3. Date of Earliest Transaction
(Month/Day/Year)
03/08/2019

____ Director ____ 10% Owner
____ Officer (give title below) ____ Other (specify below)
Executive VP, CCO, & CIO

(Street)
COVINGTON, LA 70433

4. If Amendment, Date Original
Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check
Applicable Line)
____ Form filed by One Reporting Person
____ Form filed by More than One Reporting
Person

(City) (State) (Zip)

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)
				(A) or (D)			
			Code	V	Amount		Price

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

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information contained in this form are not
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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 Derivative Security	2. Conversion	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if	4. Transaction	5. Number of Derivative	6. Date Exercisable and Expiration Date	7. Title and A Underlying S
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(Instr. 3)	or Exercise Price of Derivative Security	any (Month/Day/Year)	Code (Instr. 8)	Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	(Month/Day/Year)		(Instr. 3 and 4)		
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title
PHANTOM STOCK <u>(1)</u>	<u>(1)</u>	03/08/2019	A	276,136	<u>(1)</u>		03/08/2022		COMMON STOCK
STOCK APPRECIATION RIGHTS <u>(2)</u>	\$ 1.38	03/08/2019	A	184,091	<u>(2)</u>		03/08/2029		COMMON STOCK

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Cook John S 103 NORTHPARK BOULEVARD, SUITE 300 COVINGTON, LA 70433			Executive VP, CCO, & CIO	

Signatures

/s/ Beth A. LaBrosse, as POA for John S. Cook

03/12/2019

****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) The phantom stock units vest in three equal annual installments on each of the 1st, 2nd and 3rd anniversaries of the grant date. Each phantom stock unit represents the right to receive, upon settlement, the economic equivalent of one share of the Company's common stock. Phantom stock units may be settled in shares of Company common stock, cash, or a combination thereof (at the election of the issuer).

(2) The stock appreciation rights vest and become exercisable in three equal annual installments on each of the 1st, 2nd and 3rd anniversaries of the grant date. The stock appreciation rights represent the right to receive, upon exercise, a number of shares of Company common stock, cash, or a combination thereof (at the election of the issuer) equal to the product of the aggregate number of shares of Company common stock with respect to which the stock appreciation right award is exercised and the excess of the fair market value of a share of Company common stock as of the date of exercise over the base price specified above.

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

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