HORNBECK TODD M

Form 4

February 19, 2019

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

30(h) of the Investment Company Act of 1940

OMB Number:

3235-0287

January 31, Expires: 2005

OMB APPROVAL

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Check this box

SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue.

See Instruction 1(b).

(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 BOULEVARI SUITE 300	3. Date of Earliest Transaction (Month/Day/Year) 9, 02/14/2019	_X Director 10% OwnerX Officer (give title 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

COVINGTON, LA /0433

(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)	ansaction Date 2A. Deemed		4. Securities Acquired ior(A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or		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	02/14/2019		Code V M	Amount 41,218	(D)	Price (1)	957,730	D		
COMMON STOCK	02/14/2019		D	41,218	D	\$ 1.44 (1)	916,512	D		
COMMON STOCK	02/14/2019		F	12,325 (2)	D	\$ 1.57	904,187	D		
COMMON STOCK							701 (3)	I	By Limited Liability	

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			Company
COMMON STOCK	1,650	I	By Wife
COMMON STOCK	86,724 (4)	I	By Family Trusts
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.

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 (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. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Expiration I (Month/Day	Pate	7. Title and Am Underlying Sec (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
PHANTOM STOCK	<u>(1)</u>	02/14/2019		M	41,218	3 (1)	<u>(1)</u>	COMMON STOCK	41,218

Reporting Owners

Reporting Owner Name / Address	Relationships					
1	Director	10% Owner	Officer	Other		
HORNBECK TODD M 103 NORTHPARK BOULEVARD, SUITE 300 COVINGTON 1.A 70433	X		President & CEO			

Signatures

/s/ Beth A. LaBrosse as POA for Todd M.
Hornbeck
02/19/2019

**Signature of Reporting Person Date

Reporting Owners 2

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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).
- Represents the one-third vesting and cash settlement of a time-vest phantom stock unit award with a Grant Date of February 14, 2017.

 Each phantom unit is the economic equivalent of one share of the Company's Common Stock. The phantom shares are payable in cash or
- (1) Each phantom unit is the economic equivalent of one share of the Company's Common Stock. The phantom shares are payable in cash of stock at the election of the Company. Cash awards are based on a 10 day trailing average of the market price of the Company's stock on the vesting date. No shares were actually issued, converted, or sold in connection with this transaction.
- (2) Disposition of these shares represents payment of tax liability by delivering or withholding securities incident to the vesting of a restricted stock unit award issued in accordance with Rule 16b-3.
- (3) Represents shares beneficially owned by Reporting Person through a closely held Limited Liability Company.
- (4) Represents shares beneficially owned by Reporting Person through various family trusts.

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.