HORNBECK OFFSHORE SERVICES INC /LA
Form 4
September 07, 2006

FORM 4

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

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

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
OMB Number: 3235-0287
Expires: January 31, 2005
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(Print or Type Responses)

1. Name and Address of Reporting Person *
WAITE ANDREW L

(Last) (First) (Middle)

600 TRAVIS, SUITE 6600

(Street)

HOUSTON, TX 77002

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading Symbol
HORNBECK OFFSHORE SERVICES INC /LA [HOS]

3. Date of Earliest Transaction (Month/Day/Year)
09/05/2006

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

_____ Director _____ 10% Owner
_____ Officer (give title below) __X__ Other (specify below)
Former Director

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 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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	09/05/2006		M		11,999	A	$ 6.63	11,999	D	
Common Stock	09/05/2006		M		1,700	A	$ 11.2	13,699	D	
Common Stock	09/05/2006		M		4,000	A	$ 13.83	17,699	D	
Common Stock	09/05/2006		M		4,000	A	$ 23.1	21,699	D	
Common Stock	09/05/2006		M		2,425	A	$ 27.74	24,124	D	

Common Stock	09/05/2006		S		9,100	D	$ 34.82	15,024	D	

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

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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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Pri Deriv Secur (Instr
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Common Stock Option (Right to Purchase)	$ 6.625	09/05/2006		X			333	(1)	(1)	Common Stock	333	$
Common Stock Option (Right to Purchase)	$ 6.625	09/05/2006		X			3,666	(2)	(2)	Common Stock	3,666	$
Common Stock Option (Right to Purchase)	$ 6.625	09/05/2006		X			8,000	(3)	(3)	Common Stock	8,000	$
Common Stock Option (Right to Purchase	$ 11.2	09/05/2006		X			1,700	(4)	(4)	Common Stock	1,700	$
Common Stock Option (Right to	$ 13.825	09/05/2006		X			4,000	(5)	(5)	Common Stock	4,000	$

Purchase)										
Common Stock Option (Right to Purchase)	$ 23.1	09/05/2006	X	4,000	(6)	(6)	Common Stock	4,000	$
Common Stock Option (Right to Purchase)	$ 27.74	09/05/2006	X	2,425	(7)	(7)	Common Stock	2,425	$

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
WAITE ANDREW L 600 TRAVIS, SUITE 6600 HOUSTON, TX 77002				Former Director

Signatures

Andrew L. Waite	09/07/2006
**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) Stock options issued on 3/9/2001. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 3/9/2011 if not exercised prior. Fully exercisable at 9/5/2006.

(2) Stock options issued on 9/19/2001. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 9/19/2011 if not exercised prior. Fully exercisable at 9/5/2006.

(3) Stock options issued on 3/5/2002. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 3/5/2012 if not exercised prior. Fully exercisable at 9/5/2006.

(4) Stock options issued on 3/13/2003. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 3/13/2013 if not exercised prior. Fully exercisable at 9/5/2006.

(5) Stock options issued on 2/17/2004. Would expire on the earlier of 90 days after Mr. Waite's resignation (11/1/2006) or 2/17/2014 if not exercised prior. Fully exercisable at 9/5/2006.

(6) Stock options issued on 2/22/2005. Would expire on the earlier of 1 year after Mr. Waite's resignation (8/1/2007) or 2/22/2015 if not exercised prior. Fully exercisable at 9/5/2006.

(7) Stock options issued on 7/18/2005. Would expire on the earlier of 1 year after Mr. Waite's resignation (8/1/2007) or 7/18/2015 if not exercised prior. Fully exercisable at 9/5/2006.

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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