FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL								
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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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

COOK John S									,	2 3411101											
Called Common Stock Common Sto							HORNBECK OFFSHORE SERVICES									1					
1. Title of Security (Instr. 3) Securities Securiti						IIIC	<i>.</i> /∟	<u> </u>	HUS]						Office	r (give title)	Other	(specify		
COVINGTON LA 70433							1								below	below) below					
City (State Cap	(Street)					4. If /	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line)						
College	COVING	TON LA	1	70433	}										X Form f	iled by Or	ne Rep	orting Per	son		
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (City)	(St	ate)	(Zip)												,	ore tha	n One Rep	oorting		
Date Month/Day/Year			<u> </u>		Non-Deriv	ative	Sec	urit	ies Ac	quired,	Dis	sposed o	of, or Be	neficia	Ily Owne	d					
COMMON STOCK 02/17/2017 D 3,647 D (1) 223,866 D	1. Title of Security (Instr. 3) 2. Tra			Date	/Year)	Execution Date, if any		3. 4. S Transaction Dis Code (Instr. 5)		Dispose	ecurities Acquired (A) or			5. Amount of Securities Beneficially Owned		: Direct r ect (I)	7. Nature of Indirect Beneficial Ownership				
COMMON STOCK										Code	v	Amount		Price	Reporte Transac	d tion(s)	(Instr	7. 4)	(Instr. 4)		
COMMON STOCK	COMMO	N STOCK			02/17/20	017				D		3,647	7 D	(1)	223	,866		D			
COMMON STOCK 02/17/2017 D 3,033 D \$6.85(3) 218,659 D COMMON STOCK 1. Title of Conversion Date (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Price of Date Execution Date (Instr. 3) Price of Darivative Security (Instr. 3) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) (Instr. 3) A (3) 221,692 D E COMMON STOCK 50 I B Common STOCK 50 I Common STOCK 60 I C	COMMON STOCK		02/17/2017				F		3,610	(2) D	\$4.6	6 220	220,256		D						
COMMON STOCK Common Stock Commo	COMMON STOCK		02/17/2017				F		1,597	(2) D	\$4.6	6 218	218,659		D						
COMMON STOCK Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Occurity (Instr. 3) Price of Derivative Security	COMMON STOCK		02/17/2017				М		3,033	В	(3)	221	221,692		D						
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) Derivative Security Secur	COMMO	N STOCK			02/17/20	017				D		3,033	B D	\$6.85	(3) 218	,659		D			
1. Title of Derivative Security (Instr. 3) Price of Derivative Security (Instr. 3) Price of Derivative Security Security (Instr. 3) Price of Derivative Security (Instr. 3) Price of Derivative Security (Instr. 3) Price of Derivative Securities (Instr. 4) Price (Disposed of (D) (Instr. 4) Price of Derivative Securities (Instr. 4) Price of Derivative Securities Securities (Instr. 4) Price (Disposed of (D) (Instr. 4) Price (D) Ownership Form: Derivative Securities (Instr. 5) Price (D) Ownership Form: Derivative Securities Securities Securities (Instr. 5) Price (D) Ownership Form: Derivative Securities	COMMO	N STOCK														50		I	BY UGMA custodian for children		
1. Title of Derivative Conversion or Exercise (Instr. 3) Price of Derivative Security (Instr. 3) PHANTOM 2. Conversion Of Exercise (Instr. 3) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. Transaction Number of Experitation Date (Month/Day/Year) 4. Transaction Date (Month/Day/Year) 5. Transaction Date (Month/Day/Year) 9. Number of derivative Securities Underlying Derivative Security (Instr. 3 and 4) 9. Number of Ownership Form: Derivative Security (Instr. 3) 10. Ownership Form: Derivative Security (Instr. 3) 11. Title of Securities Underlying Derivative Security (Instr. 3) 12. Transaction Date (Month/Day/Year) 13. Transaction Date (Month/Day/Year) 14. Transaction Date (Month/Day/Year) 15. Transaction Date (Month/Day/Year) 16. Date Exercisable and Expiration Date (Month/Day/Year) 17. Title and Amount of Securities Securities Securities Securities Securities Derivative Security (Instr. 3) 16. Date Exercisable and Expiration Date (Month/Day/Year) 17. Title and Amount of Securities Derivative Securities Securities Securities Derivative Security (Instr. 3) 18. Price of Derivative Security (Instr. 3) 19. Number of Securities Derivative Security (Instr. 3) 10. Ownership Form: Direct (D) Ownership Fo				Tal											Owned						
Code V (A) (D) Date Expiration Date Title Shares PHANTOM (3) 02/17/2017 M 3.033 (3) COMMON 3.032 (3) D	erivative ecurity	Conversion or Exercise Price of Derivative	Date	Exec if any	3A. Deemed Execution Date, if any		ction	5. n Nu c. of De Sec Ac (A) Dis	mber rivative curities quired or sposed (D) str. 3,	6. Date Expiratio	xerci n Da	sable and te	7. Title an of Securit Underlyin Derivative	d Amoun ies g Security	of Derivative Security	derivative Securities Beneficia Owned Following Reported Transacti	ve es ially ng ed etion(s)	Ownersh Form: Direct (D or Indire (I) (Instr.	Beneficia Ownersh		
						Code	V (A	(A)	(D)				Title	or Numbe of	1						
510CK	HANTOM TOCK	(3)	02/17/2017			М	Ī		3,033	(3)		(3)	COMMON STOCK	3,033	(3)	0		D			

Explanation of Responses:

- 1. These shares represent the forfeiture of a portion of a performance vest restricted stock unit award granted February 18, 2014.
- 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 the vesting and cash settlement of a time-vest phantom restricted stock unit award with a Grant Date of February 18, 2014. Each phantom unit is the economic equivalent of one share of the Company's Common Stock. The phantom shares are payable only in cash 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.

Remarks:

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

02/22/2017

Date

** Signature of Reporting Person

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

^{*} 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).

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

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 Number.