Form 144 Filer Information	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549
FORM 144	Form 144 NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK	0001648839
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	◉ LIVE ○ TEST

Submission Contact Information

Name	
Phone	
E-Mail Address	

144: Issuer Information

Name of Issuer	HORNBECK OFFSHORE SERVICES, INC.
SEC File Number	001-32936
Address of Issuer	103 NORTHPARK BOULEVARD SUITE 300 COVINGTON LOUISIANA 70433
Phone	985-727-2000
Name of Person for Whose Account the Securities are To Be Sold	Staffeldt Erik

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	Former Officer

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Fidelity Brokerage Services LLC 900 Salem Street Smithfield RI 02917	253723	2237671.86	147382447	09/15/2026	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition	Name of Person from	Is this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *

		Transaction	Whom Acquired	a Gift?	Acquired	Acquired		
Common	01/03/2014	Restricted Stock Vesting	Issuer	☐		1109	01/03/2014	Compensation
Common	01/03/2015	Restricted Stock Vesting	Issuer	☐		1109	01/03/2015	Compensation
Common	01/02/2019	Restricted Stock Vesting	Issuer	☐		9175	01/02/2019	Compensation
Common	01/03/2019	Restricted Stock Vesting	Issuer	☐		3137	01/03/2019	Compensation
Common	01/04/2019	Restricted Stock Vesting	Issuer	☐		4758	01/04/2019	Compensation
Common	01/02/2021	Restricted Stock Vesting	Issuer	☐		100072	01/02/2021	Compensation
Common	01/02/2022	Restricted Stock Vesting	Issuer	☐		124066	01/02/2022	Compensation
Common	01/02/2023	Restricted Stock Vesting	Issuer	☐		10297	01/02/2023	Compensation

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Erik S. Staffeldt 103 Northpark Boulevard Suite 300 Covington LA 70433	Common	09/02/2026	117619	1222070.09
Erik S. Staffeldt 103 Northpark Boulevard Suite 300 Covington LA 70433	Common	09/03/2026	130635	1275873.45
Erik S. Staffeldt 103 Northpark Boulevard Suite 300 Covington LA 70433	Common	09/08/2026	50911	464512.11
Erik S. Staffeldt 103 Northpark Boulevard Suite 300 Covington LA 70433	Common	09/09/2026	107081	976149.08

144: Remarks and Signature

Remarks	
Date of Notice	09/15/2026

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	/s/ Joshua Schmitt, as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for Erik S. Staffeldt.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)