

SUPERIOR ENERGY SERVICES INC
 Form 4
 August 12, 2005

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

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

(Print or Type Responses)

1. Name and Address of Reporting Person *
 Cook Lynton G III

2. Issuer Name and Ticker or Trading Symbol
 SUPERIOR ENERGY SERVICES INC [SPN]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)
 1105 PETERS ROAD
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 08/10/2005

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 Executive Vice President

HARVEY, LA 70058
 (City) (State) (Zip)

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

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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	08/10/2005		M		20,000 A \$ 5.5	20,000	D
Common Stock	08/10/2005		M		7,500 A \$ 9.31	27,500	D
Common Stock	08/10/2005		M		7,500 A \$ 9.46	35,000	D
Common Stock	08/10/2005		M		6,533 A \$ 8.77	41,533	D
Common Stock	08/10/2005		S		300 D \$ 21.03	41,233	D

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Common Stock	08/10/2005	S	900	D	\$ 21.04	40,333	D
Common Stock	08/10/2005	S	300	D	\$ 21.08	40,033	D
Common Stock	08/10/2005	S	1,000	D	\$ 21.1	39,033	D
Common Stock	08/10/2005	S	1,800	D	\$ 21.11	37,233	D
Common Stock	08/10/2005	S	1,300	D	\$ 21.12	35,933	D
Common Stock	08/10/2005	S	4,200	D	\$ 21.2	31,733	D
Common Stock	08/10/2005	S	8,433	D	\$ 21.21	23,300	D
Common Stock	08/10/2005	S	4,500	D	\$ 21.22	18,800	D
Common Stock	08/10/2005	S	7,500	D	\$ 21.23	11,300	D
Common Stock	08/10/2005	S	8,300	D	\$ 21.24	3,000	D
Common Stock	08/10/2005	S	1,000	D	\$ 21.25	2,000	D
Common Stock	08/10/2005	S	1,200	D	\$ 21.26	800	D
Common Stock	08/10/2005	S	400	D	\$ 21.27	400	D
Common Stock	08/10/2005	S	400	D	\$ 21.28	0	D

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4,	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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and 5)

	Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Options (right to buy)			\$ 5.5		08/10/2005		M	20,000	11/08/2000 ⁽¹⁾	11/08/2009	Common Stock	20,000
Options (right to buy)			\$ 9.31		08/10/2005		M	7,500	04/04/2002 ⁽²⁾	04/04/2011	Common Stock	7,500
Options (right to buy)			\$ 9.46		08/10/2005		M	7,500	06/06/2003 ⁽³⁾	06/06/2012	Common Stock	7,500
Options (right to buy)			\$ 8.77		08/10/2005		M	6,533	03/19/2004 ⁽⁴⁾	03/19/2013	Common Stock	6,533

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Cook Lynton G III 1105 PETERS ROAD HARVEY, LA 70058			Executive Vice President	

Signatures

/s/ William B. Masters for Lynton G. Cook, III 08/12/2005

__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) 10,000 options exercisable on the date indicated, and 10,000 options exercisable on 11/08/2001.
- (2) 2,500 options exercisable on the date indicated, 2,500 options exercisable on 04/04/2003, and 2,500 options exercisable on 04/04/2004.
- (3) 2,500 options exercisable on the date indicated, 2,500 options exercisable on 06/06/2004, and 2,500 options exercisable on 06/06/2005.
- (4) 3,267 options exercisable on the date indicated, 3,266 options exercisable on 03/19/2005, and 3,267 options exercisable on 03/19/2006.

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.