

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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

OMB APPROVAL	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person* <u>Cook Lynton G III</u> (Last) (First) (Middle) 1105 PETERS ROAD (Street) HARVEY LA 70058 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>SUPERIOR ENERGY SERVICES INC [SPN]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Executive Vice President</u>
	3. Date of Earliest Transaction (Month/Day/Year) 08/10/2005	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	
		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> 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	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	
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	

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 Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				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	\$0	0	D	
Options (right to buy)	\$9.31	08/10/2005		M			7,500	04/04/2002 ⁽²⁾	04/04/2011	Common Stock	7,500	\$0	0	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)	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 Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Options (right to buy)	\$9.46	08/10/2005		M			7,500	06/06/2003 ⁽³⁾	06/06/2012	Common Stock	7,500	\$0	0	D	
Options (right to buy)	\$8.77	08/10/2005		M			6,533	03/19/2004 ⁽⁴⁾	03/19/2013	Common Stock	6,533	\$0	3,267	D	

Explanation of Responses:

- 10,000 options exercisable on the date indicated, and 10,000 options exercisable on 11/08/2001.
- 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.
- 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.
- 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.

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

08/12/2005

** Signature of Reporting Person

Date

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.