FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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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

Name and Address of Reporting Person*					2. Issuer Name and Ticker or Trading Symbol TEGNA INC TGNA										5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
<u>Lougee David T</u>					TESTITIO [101/11]									X	Director		10% Owner		ner	
(Last) (First) (Middle)				_ [X	Officer (gi	ive title		Other (specify below)		
C/O TEGNA INC.					3. Date of Earliest Transaction (Month/Day/Year)										President and CEO					
8350 BROAD STREET, SUITE 2000					02/07/2020															
(Street) TYSONS VA 22102					4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Indiv	Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person						
(City)	(\$	State)	(Zip)										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. Trans Date (Month)						2A. Deemed Execution Date, if any (Month/Day/Year		t, Tra	Transaction Disp Code (Instr.			urities Acquired (A) o sed Of (D) (Instr. 3, 4			5. Amount of Securities Beneficially Following	Form:		Direct I Indirect E tr. 4) (7. Nature of Indirect Beneficial Ownership	
								Co	ode V	A	mount	(A) or (D)		Price	Reported Transaction(s) (Instr. 3 and 4)				nstr. 4)	
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)	' I ' I		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)			and	7. Title an Securities Derivative (Instr. 3 a	Unde Secu	erlying	8. Price of Derivative Security (Instr. 5)	9. Numb derivativ Securitie Beneficie Owned Followin Reported	e Owes For ally Or I	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exerc	isable	Expir Date	ration	Title		ount or ober of res		Transaction(s) (Instr. 4)				
Phantom Stock	(1)	02/07/2020		A		3,901.8692		(2	(2)	(:	2)	Common Stock	3,90	01.8692	\$17.12	23,833.	1583	D		

Explanation of Responses:

- 1. Each share of phantom stock is the economic equivalent of one share of the Issuer's common stock.
- 2. Each share of phantom stock is payable in cash or stock, at the election of the reporting person, on various dates selected by the reporting person or as otherwise provided in the Issuer's Deferred Compensation Plan.

Remarks:

/s/ Akin S. Harrison, Attorney-02/11/2020 in-Fact

** 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.