

| OMB APPROVAL | |
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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

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

| | | | | | | | | |
|---|---------|----------|--|-----------------|--|---|--|--|
| 1. Name and Address of Reporting Person* <u>Trelstad Lynn B.</u> | | | 2. Issuer Name and Ticker or Trading Symbol <u>TEGNA INC [TGNA]</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>EVP and COO, Media Operations</u> | | |
| (Last) | (First) | (Middle) | 3. Date of Earliest Transaction (Month/Day/Year) <u>02/28/2022</u> | | | | | |
| C/O TEGNA INC. 8350 BROAD STREET, SUITE 2000 | | | 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 Form filed by More than One Reporting Person | | |
| (Street) | (City) | (State) | (Zip) | TYSONS VA 22102 | | | | |

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 | 02/28/2022 | | M | | 53,834 | A | (1) | 167,159 | D | |
| Common Stock | 02/28/2022 | | M | | 7,960 | A | (1) | 175,119 | D | |
| Common Stock | 02/28/2022 | | M | | 7,965 | A | (1) | 183,084 | D | |
| Common Stock | 02/28/2022 | | M | | 9,474 | A | (1) | 192,558 | D | |
| Common Stock | 02/28/2022 | | M | | 7,361 | A | (1) | 199,919 | D | |
| Common Stock | 02/28/2022 | | F ⁽²⁾ | | 38,751 | D | \$22.92 | 161,168 | D | |
| Common Stock | | | | | | | | 8,068.2 | I | By 401(k) Plan |
| Common Stock | 02/28/2022 | | M | | 4,424 | A | (1) | 19,033 | I | By Spouse |
| Common Stock | 02/28/2022 | | M | | 1,108 | A | (1) | 20,141 | I | By Spouse |
| Common Stock | 02/28/2022 | | M | | 1,200 | A | (1) | 21,341 | I | By Spouse |
| Common Stock | 02/28/2022 | | M | | 1,652 | A | (1) | 22,993 | I | By Spouse |
| Common Stock | 02/28/2022 | | M | | 1,283 | A | (1) | 24,276 | I | By Spouse |
| Common Stock | 02/28/2022 | | F ⁽³⁾ | | 3,076 | D | \$22.92 | 21,200 | I | By Spouse |
| Common Stock | | | | | | | | 3,643.04 | I | By Spouse through 401(k) Plan |

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 |
| 2019 Performance Shares | (1) | 02/28/2022 | | M | | | 53,834 | (4) | (4) | Common Stock | 53,834 | \$0 | 0 | D | |
| Restricted Stock Units | (1) | 02/28/2022 | | M | | | 7,960 | (6) | (6) | Common Stock | 7,960 | \$0 | 0 | D | |
| Restricted Stock Units | (1) | 02/28/2022 | | M | | | 7,965 | (7) | (7) | Common Stock | 7,965 | \$0 | 7,965 | D | |

