

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

**FORM 144  
NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933**

**ATTENTION:** *Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.*

|   |  |                        |  |                                 |  |
|---|--|------------------------|--|---------------------------------|--|
| 1. (a) NAME OF ISSUER (Please type or print)                          |  | (b) SEC IDENT NO.      |  | (c) SEC FILE NO.                |  |
| OVINTIV INC   |  | 84-4427672             |  | 001-39194U CODE                 |  |
| 1. (d) ADDRESS OF ISSUER  |  | CITY                   |  | STATE                           |  |
| SUITE 1700, 370 17TH STREET   |  | DENVER                 |  | CO 80202                        |  |
| 3. (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD |  | RELATIONSHIP TO ISSUER |  | (c) ADDRESS STREET              |  |
| ROBERT M. NIMOCKS III   |  | SPOUSE OF DIRECTOR     |  | SUITE 1700, 370 17TH STR DENVER |  |
|   |  |                        |  | CITY                            |  |
|   |  |                        |  | STATE                           |  |
|   |  |                        |  | ZIP CODE                        |  |
|   |  |                        |  | CO 80202                        |  |
|   |  |                        |  | 3 0 3 6 2 3 2 3 0 0             |  |

**INSTRUCTION:** *The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.*

| 3. (a)<br>Title of the Class of Securities To Be Sold | (b)<br>Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker who is Acquiring the Securities | SEC USE ONLY<br>Broker-Dealer File Number | (c)<br>Number of Shares or Other Units To Be Sold<br>(See instr. 3(c)) | (d)<br>Aggregate Market Value<br>(See instr. 3(d)) | (e)<br>Number of Shares or Other Units Outstanding<br>(See instr. 3(e)) | (f)<br>Approximate Date of Sale<br>(See instr. 3(f)) | (g)<br>Name of Each Securities Exchange |
|---|---|---|--|--|---|--|---|
| COMMON  | FIDELITY BROKERAGE SERVICES LLC<br>245 SUMMER STREET<br>BOSTON MA 02110   |   | 1,406  | 75,080   | 248,262,047   | 11/10/2022   | NYSE                                    |
|   |   |   |  |  |   |  |   |
|   |   |   |  |  |   |  |   |

**INSTRUCTIONS:**

- Name of issuer
  - Issuer's I.R.S. Identification Number
  - Issuer's S.E.C. file number, if any
  - Issuer's address, including zip code
  - Issuer's telephone number, including area code
- Name of person for whose account the securities are to be sold
  - Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of the foregoing)
  - Such person's address, including zip code

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 control number.

SEC 1147 (08-07)

1.748092113

TABLE I — SECURITIES TO BE SOLD  
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:

| Type of<br>the Class | Date and<br>Amount | Name of Acquisition Transaction | Number of Shares Acquired<br>or paid for by the issuer or its agent | Amount of<br>Securities Acquired | Date of<br>Payment | Method of Payment |
|----------------------|--------------------|---------------------------------|---|----------------------------------|--------------------|-------------------|
| COMMON               |                    | See Attached Schedule           |   |                                  |                    |                   |

INSTRUCTIONS:

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 source of the consideration given. If the consideration consisted of one or more other obligations, or if payment was made in installments, describe the arrangement and state when the first or other obligations was discharged in full or the last installment paid.

TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

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.

| Name and Address of Issuer   | Title of Securities Sold | Date of Sale | Amount of Securities Sold | Total Proceeds |
|--|--------------------------|--------------|---------------------------|----------------|
| ROBERT A. MINOCH, JR.<br>SUITE 1700, 370 17TH STREET<br>DENVER<br>CO | N/A<br>COMINT INC        |              |                           |                |

REMARKS:

INSTRUCTIONS:

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 (c) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION: The person for whose account the securities in which this notice relates are to be sold

personally represents by signing this notice that he does not have any material information as to the securities and prospective purchasers of the issuer of the securities to be sold which has not been publicly disclosed. If such person has engaged a written trading plan or given trading instructions to a broker, he/she/it under the foregoing 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.

3/11/2022  
ROBERT A. MINOCH, JR.  
SUITE 1700, 370 17TH STREET  
DENVER, CO 80202

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be personally signed, any copies not personally signed shall bear typed or printed signatures.

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

| Date Acquired | How Acquired         | From Whom    | Number of Shares | Payment Date | Payment Method |
|---------------|----------------------|--------------|------------------|--------------|----------------|
| 10/31/2019    | Open Market Purchase | Open Markets | 15               | 10/31/2019   | Cash/Check     |
| 08/07/2019    | Open Market Purchase | Open Markets | 80               | 08/07/2019   | Cash/Check     |
| 08/05/2019    | Open Market Purchase | Open Markets | 120              | 08/05/2019   | Cash/Check     |
| 08/05/2019    | Open Market Purchase | Open Markets | 280              | 08/05/2019   | Cash/Check     |
| 06/17/2019    | Open Market Purchase | Open Markets | 400              | 06/17/2019   | Cash/Check     |
| 12/27/2018    | Open Market Purchase | Open Markets | 11               | 12/27/2018   | Cash/Check     |
| 12/14/2018    | Open Market Purchase | Open Markets | 200              | 12/14/2018   | Cash/Check     |
| 11/26/2018    | Open Market Purchase | Open Markets | 100              | 11/26/2018   | Cash/Check     |
| 11/05/2018    | Open Market Purchase | Open Markets | 100              | 11/05/2018   | Cash/Check     |
| 11/05/2018    | Open Market Purchase | Open Markets | 80               | 11/05/2018   | Cash/Check     |
| 11/05/2018    | Open Market Purchase | Open Markets | 20               | 11/05/2018   | Cash/Check     |