

**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.*

OMB APPROVAL	
OMB Number: 3235-0161	
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SEC USE ONLY	
DOCUMENT SEQUENCE NO.	
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AREA CODE	NUMBER
3 0 3	6 2 3 2 3 0 0

1 (a) NAME OF ISSUER (Please type or print)		(b) IRS IDENT. NO.	(c) S.E.C. FILE NO.
OVINTIV INC		84-4427672	001-391941P CODE
1 (d) ADDRESS OF ISSUER	STREET	CITY	STATE
SUITE 1700, 370 17TH STREET		DENVER	CO 80202
3 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD		(b) RELATIONSHIP TO ISSUER	(c) ADDRESS STREET CITY STATE ZIP CODE
ROBERT M. NIMOCKS III		SPOUSE OF DIRECTOR	SUITE 1700, 370 17TH STR DENVER CO 80202

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) Title of the Class of Securities To Be Sold	(b) 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 Broker-Dealer File Number	(d) Number of Shares or Other Units To Be Sold (See instr. 3(c))	(e) Aggregate Market Value (See instr. 3(d))	(f) Number of Shares or Other Units Outstanding (See instr. 3(e))	(g) Approximate Date of Sale (See instr. 3(f)) (MO DAY YR.)	(h) Name of Each Securities Exchange (See instr. 3(g))
COMMON	FIDELITY BROKERAGE SERVICES LLC 245 SUMMER STREET BOSTON MA 02110		2,000	107,000	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 any of the foregoing)
 - Such person's address, including zip code
- Title of the class of securities to be sold
 - Name and address of each broker through whom the securities are intended to be sold
 - Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
 - Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
 - Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer
 - Approximate date on which the securities are to be sold
 - Name of each securities exchange, if any, on which the securities are intended to be sold

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.

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:

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 nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state whether the note or other obligation was discharged in full or the last installment paid.

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:

REMARKS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the persons 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 (a) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION: The person for whom account the services in which the notice refers are to be made hereby responsible by signing this notice that the donor has known any material income information in respect to the purposes and prospective expenditure of the funds to be used which has not been truthfully disclosed. If such person has engaged in certain trading plan or given trading instructions to satisfy that this is under the foregoing plan, by signing the form and indicating the date that the plan was adopted on the subsequent claim, that person makes such representation as of the plan according to instructions above.

Rollmads
AND ASSORTED
COLD MEATS

The notice shall be signed by the person for whose accounts are to be sold. At least one copy of the notice shall be manually signed and countersigned with the name of the person for whose accounts are to be sold.

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

SAC 1143 (10-000)