SEC F	Form 4
-------	--------

FORM 4

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

OMB APPROVAL

OMB Number:	3235-0287
Estimated average bur	den
hours per response:	0.5

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

1. Name and Address of Reporting Person [*] Rosentrater Heather Lynn				2. Issuer Name and Ticker or Trading Symbol <u>AVISTA CORP</u> [AVA]						5. Relationship of Reporting Person(s) to Iss (Check all applicable) Director 10% Ov				
(Last) 1411 E. MISSI	(First) ON AVENUE	(Middle)		te of Earliest Transa 8/2024	ction (M	onth/E	Day/Year)		X	Officer (give title below) Presider	Other below	(specify)		
			4. lf /	4. If Amendment, Date of Original Filed (Month/Day/Year)						6. Individual or Joint/Group Filing (Check Applicable Line)				
(Street) SPOKANE	WA	99202							X	Form filed by One Form filed by Mor Person				
(City)	(State)		Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.											
		Table I - No	n-Derivative	Securities Acq	uired,	Dis	posed of, o	or Ben	eficially	Owned				
Date		2. Transaction Date (Month/Day/Year	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Inst		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4			5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership			
				Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)			

Common Stock in Spouse's Plan

2024

Common Stock - Restricted Shares Grant

															Spouse
		т	able II - Deriva (e.g.,						posed of, convertik			Owned			
1. Title of Derivative Security (Instr. 3) 2. 3. Transaction Date (Month/Day/Year) 1. Title of 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				
Performance Shares Grant - 2024	(2)	02/08/2024		Α		16,086		(3)	(3)	Common Stock	16,086	\$32.64	16,086	D	

6,892(1)

A

\$32.64

31,671

695

D

T

Shares

Held by

Explanation of Responses:

1. Restricted Shares vest 1/3 each year over a 3-year period and are payable in Avista Corp. Common Stock at the end of each year in the 3-year period.

02/08/2024

2. No conversion price. Shares awarded if performance measure is met.

3. Each performance cycle is 3 years in length. Shares will be issued at the end of each 3-year cycle if performance measure is met.

/s/Heather L. Rosentrater

02/12/2024

** 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.