UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

| OMB Number | 3235-0287 | | | | | | | | |
|--------------------------|-----------|--|--|--|--|--|--|--|--|
| Estimated average burden | | | | | | | | | |
| hours per resp | onse: 0.5 | | | | | | | | |

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

FORM 4

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

| | ress of Reporting P <u>Heather Lyni</u> | | 2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA] | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner |
|------------------------|--|---------------------------|---|---|
| (Last) 1411 E. MISS | (First) (Middle) SION AVENUE | | 3. Date of Earliest Transaction (Month/Day/Year) 02/04/2021 | X Officer (give title Other (specify below) Sr. Vice President |
| (Street) SPOKANE | | | 4. If Amendment, Date of Original Filed (Month/Day/Year) | 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting |
| (City) | (State) | (Zip) Table I - Non-De | erivative Securities Acquired, Disposed of, or Bene | ficially Owned |

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transa Code (8) | | 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) | | 5. Amount of Securities Beneficially Owned Following Reported | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) | |
|---------------------------------------|--|---|------------------------------|-----------------------------|--|------------------------------------|---|---|---|--|
| | | | Code | A V Amount (A) or Price Tra | | Transaction(s) (Instr. 3 and 4) | | (1130.4) | | |
| Common Stock - Restricted Share Grant | 02/04/2021 | | A | | 2,205 ⁽¹⁾ | A | \$37.43 | 10,460 | D | |
| Common Stock-Performance Shares | 02/04/2021 | | М | | 1,310 | A | (2) | 11,770 | D | |
| Common Stock-Performance Shares | 02/04/2021 | | F | | 523 ⁽³⁾ | D | \$37.43 | 14,699 | D | |

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. Transa Code (8) | | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | | e Amount of | | 8. Price of Derivative Security (Instr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported | 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 | | Transaction(s) (Instr. 4) | | |
| Performance Share Grant for 2021 | (4) | 02/04/2021 | | А | | 6,612 | | (5) | (5) | Common Stock | 6,612 | \$37.43 | 6,612 | D | |
| Conversion of 2018 Performance Shares Related to CEPS | (2) | 02/04/2021 | | М | | | 1,024 | (2) | (2) | Common Stock | 1,024 | (2) | 0 | D | |

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.

2. Each performance share represents a contingent right to receive a share of Avista Common Stock upon achieving a specified performance measure.

3. Shares withheld to pay income tax on Performance Shares acquired 2/4/21.

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

5. 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

** Signature of Reporting Person

02/08/2021

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.