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Ottewell Day Form 4											
FORN Check th if no long subject to Section 1 Form 4 of Form 5 obligation may contri	Section 16.SECURITIESbForm 4 orrefForm 5Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,obligationsSection 17(a) of the Public Utility Holding Company Act of 1935 or Sectionsee Instruction30(h) of the Investment Company Act of 1940									PPROVAL 3235-0287 January 31, 2005 verage rs per 0.5	
(Print or Type]	Responses)										
			2. Issuer Name and Ticker or Trading Symbol NOVAGOLD RESOURCES INC [NG]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
	(First) GOLD RESO OUTH MAIN		3. Date of (Month/E 10/11/2	-	ansaction			Director Officer (give to below) Vice P		Owner er (specify	
SALT LAK	(Street) E CITY, UT 8	4111		endment, Da nth/Day/Year	-			6. Individual or Jo Applicable Line) _X_ Form filed by C Form filed by M Person	one Reporting Pe	rson	
(City)	(State)	(Zip)	Tabl	e I - Non-D) Perivative Se	ecuriti	ies Acqu	ired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date any (Month/Day/Year)		n Date, if	tate, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)				SecuritiesOwnershipIndiBeneficiallyForm: DirectBenOwned(D) orOwned		7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common Shares	10/11/2018			Code V M	Amount 263,650	(D) A	Price \$ 2.22 (1)	760,866	D		
Common Shares	10/11/2018			F	143,190	D	\$ 4.1 (2)	617,676	D		
Common Shares	10/11/2018			S	120,460	D	\$ 4.1 (3)	497,216	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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 control number.

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. Transactio Code (Instr. 8)	5. Number of onDerivative 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 Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (right to buy)	\$ 2.22 <u>(1)</u>	10/11/2018		М		263,650	<u>(4)</u>	01/06/2019	Common Shares	263,650

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Ottewell David A. C/O NOVAGOLD RESOURCES INC. 201 SOUTH MAIN STREET, SUITE 400 SALT LAKE CITY, UT 84111			Vice President & CFO				
Signatures							
/s/ Tricia Pannier as attorney-in-fact for Day Ottewell	vid A.	1	10/12/2018				
** Signature of Reporting Person			Date				

Explanation of Responses:

- * 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).
- (1) The exercise price reported above was converted from the Canadian exercise price of C\$2.90 using an exchange rate of CAD\$1.3038=U.S.\$1.00.

The price reported in Column 4 is a weighted average price. These shares were withheld in multiple transactions ranging from C\$5.25 to \$5.47, inclusive. The reporting person undertakes to provide to NOVAGOLD RESOURCES INC., any security holder of NOVAGOLD

- (2) RESOURCES INC., or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares withheld at each separate price within the ranges set forth in this footnote. The weighted average price reported above was converted from the Canadian weighted average price of C\$5.34 to USD using an exchange rate of C\$1.3038=US\$1.00.
- (3) The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions ranging from C\$5.25 to \$5.47, inclusive. The reporting person undertakes to provide to NOVAGOLD RESOURCES INC., any security holder of NOVAGOLD RESOURCES INC., or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of

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shares sold at each separate price within the ranges set forth in this footnote. The weighted average price reported above was converted from the Canadian weighted average price of C\$5.34 to USD using an exchange rate of C\$1.3038=US\$1.00.

(4) The options vested as follows: 1/3 on 1/7/14; 1/3 on 1/7/15; and 1/3 on 1/7/16.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. 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 number.