



PRESS RELEASE

CALGARY, ALBERTA (October 19, 2020)

MEG Energy Announces Third Quarter of 2020 Results and Conference Call

Third Quarter 2020 Release: October 26, 2020 after market close

Conference Call Details: October 27, 2020 8:30am ET / 6:30am MT
Due to high call volumes, it may take more than one attempt to connect. Please dial in early.

Dial-in Numbers: Toll Free: 1.888.390.0546
International: 1.416.764.8688

Replay: For those unable to dial-in to the conference call, an archived version will be available by 2:00pm ET / 12:00pm MT on October 27, 2020 at: www.megenergy.com/investors/presentations-and-events

About MEG

MEG is an energy company focused on sustainable in situ thermal oil production in the southern Athabasca region of Alberta, Canada. MEG is actively developing innovative enhanced oil recovery projects that utilize steam-assisted gravity drainage extraction methods to improve responsible economic recovery of oil as well as lower carbon emissions. MEG transports and sells its thermal oil production to refiners throughout North America and internationally. MEG's common shares are listed on the Toronto Stock Exchange under the symbol "MEG" (TSX:MEG).

Learn more at: www.megenergy.com

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