



PRESS RELEASE

CALGARY, ALBERTA (November 23, 2021)

MEG Energy to Announce 2022 Capital Investment Plan

2022 Capital Investment Plan Release: November 29, 2021 after market close

Conference Call Details: November 30, 2021 8:30am ET / 6:30am MT

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Replay: For those unable to dial-in to the conference call, an archived version will be available by 2:00pm ET / 12:00pm MT on November 30, 2021 at: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 oil region of Alberta, Canada. MEG is actively developing innovative enhanced oil recovery projects that utilize steam-assisted gravity drainage extraction methods to improve the responsible economic recovery of oil as well as lower carbon emissions. MEG transports and sells thermal oil (AWB) to customers 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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