



PRESS RELEASE

CALGARY, ALBERTA (October 20, 2022)

MEG Energy Announces Third Quarter of 2022 Results and Conference Call

Third Quarter Results Release:	Wednesday, November 9, 2022 after market close
Conference Call Details:	Thursday, November 10, 2022 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Replay:	For those unable to dial-in to the conference call, an archived version will be available by 2:00pm ET / 12:00pm MT on November 10, 2022 at: www.megenergy.com/investors/presentations-and-events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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