

Security Class
Holder Account Number

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Form of Proxy - Annual and Special Meeting to be held Virtually on Wednesday, June 17, 2020

This Form of Proxy is solicited by and on behalf of Management.

Notes to proxy

1. Every shareholder has the right to appoint some other person or company of their choice, who need not be a shareholder, to attend and act on their behalf at the meeting or any adjournment or postponement thereof. If you wish to appoint a person or company other than the persons whose names are printed herein, please insert the name of your chosen proxyholder in the space provided (see reverse) and return your proxy by mail or by internet at www.investorvote.com. In addition, **YOU MUST** go to www.computershare.com/MEG by 3:00 p.m. (Calgary time) on Monday, June 15, 2020, and provide Computershare with the required information for your chosen proxyholder so that Computershare may provide the proxyholder with a Control Number via e-mail. This Control Number will allow your proxyholder to log into the vote at the meeting. **WITHOUT** a control number your proxyholder will only be able to log in to the meeting as a guest and will not be able to vote.
2. If the securities are registered in the name of more than one owner (for example, joint ownership, trustees, executors, etc.), then all those registered should sign this proxy. If you are voting on behalf of a corporation or another individual you must sign this proxy with signing capacity stated, and you may be required to provide documentation evidencing your power to sign this proxy.
3. This proxy should be signed in the exact manner as the name(s) appear(s) on the proxy.
4. If this proxy is not dated, it will be deemed to bear the date on which it is mailed by Management to the shareholder.
5. **The securities represented by this proxy will be voted as directed by the shareholder, however, if such a direction is not made in respect of any matter, this proxy will be voted as recommended by Management.**
6. The securities represented by this proxy will be voted in favour or withheld from voting or voted against each of the matters described herein, as applicable, in accordance with the instructions of the shareholder, on any ballot that may be called for and, if the shareholder has specified a choice with respect to any matter to be acted on, the securities will be voted accordingly.
7. This proxy confers discretionary authority in respect of amendments or variations to matters identified in the Notice of Meeting or other matters that may properly come before the meeting or any adjournment or postponement thereof.
8. This proxy should be read in conjunction with the accompanying documentation provided by Management.

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Proxies submitted must be received by 3:00 p.m. (Calgary time) on Monday, June 15, 2020

VOTE USING THE TELEPHONE OR INTERNET 24 HOURS A DAY 7 DAYS A WEEK!



To Vote Using the Telephone

- Call the number listed BELOW from a touch tone telephone.

1-866-732-VOTE (8683) Toll Free



To Vote Using the Internet

- Go to the following web site: www.investorvote.com
- **Smartphone?** Scan the QR code to vote now.



To Receive Documents Electronically

- You can enroll to receive future securityholder communications electronically by visiting www.investorcentre.com and clicking at the bottom of the page.



To Virtually Attend the Meeting

- You can attend the meeting virtually by visiting <https://web.lumiagm.com/160406352>. You or your duly appointed proxyholder will need the Control Number and the password "meg2020" to participate, ask questions and vote.

If you vote by telephone or the Internet, DO NOT mail back this proxy.

Voting by mail may be the only method for securities held in the name of a corporation or securities being voted on behalf of another individual.

Voting by mail or by Internet are the only methods by which a holder may appoint a person as proxyholder other than the Management nominees named on the reverse of this proxy. Instead of mailing this proxy, you may choose one of the two voting methods outlined above to vote this proxy.

To vote by telephone or the Internet, you will need to provide your CONTROL NUMBER listed below.

CONTROL NUMBER



Appointment of Proxyholder

I/We being shareholder(s) of MEG Energy Corp. (the "Corporation") hereby appoint(s): Derek W. Evans, President and Chief Executive Officer and a director of the Corporation, of Calgary, Alberta, or failing him, Lyle S. Yuzdepski, Senior Vice President, Legal and General Counsel of the Corporation, of Calgary, Alberta

OR

Print the name of the person you are appointing if this person is someone other than the Management Nominees listed herein.

Note: If you are appointing a proxyholder other than the Management Nominees you MUST return your proxy by mail or by internet at www.investorvote.com and for the proxyholder to vote at the virtual portion of the meeting go to www.Computershare.com/MEG by 3:00 p.m. (Calgary time) on Monday, June 15, 2020, and provide Computershare with the required information for your proxyholder so that Computershare may provide the proxyholder with a Control Number via email. This Control Number will allow your proxyholder to log in to and vote at the virtual portion of the Meeting. Without a Control Number your proxyholder will only be able to log in to the Meeting as a guest and will not be able to vote virtually.

as my/our proxyholder with full power of substitution and to attend, act and to vote for and on behalf of the shareholder in accordance with the following direction (or if no directions have been given, as the proxyholder sees fit) and all other matters that may properly come before the Annual and Special Meeting (the "Meeting") of shareholders of MEG Energy Corp. to be held virtually via live audio webcast online at <https://web.lumiagn.com/160406352> on Wednesday, June 17, 2020 at 3:00 p.m. (Calgary time) and at any adjournment or postponement thereof.

VOTING RECOMMENDATIONS ARE INDICATED BY **HIGHLIGHTED TEXT** OVER THE BOXES.

1. Election of Directors

	For	Withhold		For	Withhold		For	Withhold
01. Jeffrey J. McCaig	<input type="checkbox"/>	<input type="checkbox"/>	02. Derek W. Evans	<input type="checkbox"/>	<input type="checkbox"/>	03. Grant D. Billing	<input type="checkbox"/>	<input type="checkbox"/>
04. Ian D. Bruce	<input type="checkbox"/>	<input type="checkbox"/>	05. Judy A. Fairburn	<input type="checkbox"/>	<input type="checkbox"/>	06. Robert B. Hodgins	<input type="checkbox"/>	<input type="checkbox"/>
07. William R. Klesse	<input type="checkbox"/>	<input type="checkbox"/>	08. Susan M. MacKenzie	<input type="checkbox"/>	<input type="checkbox"/>	09. James D. McFarland	<input type="checkbox"/>	<input type="checkbox"/>
10. Diana J. McQueen	<input type="checkbox"/>	<input type="checkbox"/>						

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2. Appointment of Auditors

The appointment of PricewaterhouseCoopers LLP as auditor of the Corporation for the ensuing year at such remuneration as the directors of the Corporation may determine.

For	Withhold
<input type="checkbox"/>	<input type="checkbox"/>

3. Continuation of the Corporation's Amended and Restated Shareholder Rights Plan

To pass an ordinary resolution ratifying the continuation of the Corporation's amended and restated shareholder rights plan.

For	Against
<input type="checkbox"/>	<input type="checkbox"/>

4. Advisory Vote on Executive Compensation

Acceptance of the Corporation's approach to executive compensation as described in the management information circular related to the Meeting.

For	Against
<input type="checkbox"/>	<input type="checkbox"/>

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In the discretion of the proxy, on any other business that may properly be brought before the Meeting or any adjournment thereof.

Authorized Signature(s) – This section must be completed for your instructions to be executed.

I/We authorize you to act in accordance with my/our instructions set out above. I/We hereby revoke any proxy previously given with respect to the Meeting. If no voting instructions are indicated above, this Proxy will be voted as recommended by Management.

Signature(s)

Date

MM / DD / YY

Interim Financial Statements – Mark this box if you would like to receive Interim Financial Statements and accompanying Management's Discussion and Analysis by mail.

Annual Financial Statements – Mark this box if you would NOT like to receive the Annual Financial Statements and accompanying Management's Discussion and Analysis by mail.

If you are not mailing back your proxy, you may register online to receive the above financial report(s) by mail at www.computershare.com/maillinglist.

