

Security Class**Holder Account Number**

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Form of Proxy - Annual Meeting to be held on Monday, May 1, 2023

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 1:00 pm (Calgary time) on Thursday, April 27, 2023, 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 may be required to provide documentation evidencing your power to sign this proxy with signing capacity stated.
3. This proxy should be signed in the exact manner as the name(s) appear(s) on the proxy.
4. If a date is not inserted in the space provided on the reverse of this proxy, it will be deemed to bear the date on which it was mailed to the holder by Management.
5. **The securities represented by this proxy will be voted as directed by the holder, however, if such a direction is not made in respect of any matter, and the proxy appoints the Management Nominees listed on the reverse, 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 holder, on any ballot that may be called for. If you have 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 and Management Information Circular or other matters that may properly come before the meeting or any adjournment or postponement thereof, unless prohibited by law.
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 1:00 pm (Calgary Time), on Thursday, April 27, 2023.

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

 To Vote Using the Telephone <ul style="list-style-type: none">• Call the number listed BELOW from a touch tone telephone. 1-866-732-VOTE (8683) Toll Free	 To Vote Using the Internet <ul style="list-style-type: none">• Go to the following web site: www.investorvote.com• Smartphone? Scan the QR code to vote now. 	 To Receive Documents Electronically <ul style="list-style-type: none">• You can enroll to receive future securityholder communications electronically by visiting www.investorcentre.com.	 To Virtually Attend the Meeting <ul style="list-style-type: none">• You can attend the meeting virtually by visiting the URL provided on the back of this document.
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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 holder(s) of securities of MEG Energy Corp. (the "Corporation") hereby appoint: Derek W. Evans, President and Chief Executive Officer and a director of the Corporation, of Calgary, Alberta, or failing this person, Lyle S. Yuzdepski, Senior Vice President, Legal and General Counsel of the Corporation, of Calgary, Alberta (the "Management Nominees")

OR

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

Note: If completing the appointment box above YOU MUST go to www.Computershare.com/MEG and provide Computershare with the name and email address of the person you are appointing. Computershare will use this information ONLY to provide the appointee with a user name to gain entry to the online meeting.

as my/our proxyholder with full power of substitution and to attend, act and to vote for and on behalf of the holder in accordance with the following direction (or if no directions have been given, as the proxyholder sees fit) and on all other matters that may properly come before the Annual Meeting (the "Meeting") of shareholders of the Corporation to be held virtually via live audio webcast online at <https://www.meetnow.global/MT59L54> on Monday, May 1, 2023 at 1:00 pm (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. Ian D. Bruce	<input type="checkbox"/>	<input type="checkbox"/>	02. Derek W. Evans	<input type="checkbox"/>	<input type="checkbox"/>	03. Gary A. Bosgoed	<input type="checkbox"/>	<input type="checkbox"/>
04. Robert B. Hodgins	<input type="checkbox"/>	<input type="checkbox"/>	05. Kim Lynch Proctor	<input type="checkbox"/>	<input type="checkbox"/>	06. Susan M. MacKenzie	<input type="checkbox"/>	<input type="checkbox"/>
07. Jeffrey J. McCaig	<input type="checkbox"/>	<input type="checkbox"/>	08. James D. McFarland	<input type="checkbox"/>	<input type="checkbox"/>	09. 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.

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

Withhold

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.

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

Against

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.

<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.

Signature of Proxyholder

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, and the proxy appoints the Management Nominees, this Proxy will be voted as recommended by Management.

Signature(s)

Date

DD / MM / 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.

