



Stock Exchange Tower
1230, 300 5th Ave SW
Calgary, AB T2P 3C4

Form of Proxy – Annual General and Special Meeting to be held on May 13, 2020

Appointment of Proxyholder

I/We being the undersigned holder(s) of **Tamarack Valley Energy Ltd.** (the “Corporation”) hereby appoint **Brian Schmidt** or failing him, **Steve Buytels**

OR

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

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 all other matters that may properly come before the annual general and special meeting (the “Meeting”) of the holders of common shares (“Common Shares”) of the Corporation to be held solely by means of remote communication by webcast at <http://www.gowebcasting.com/10610> on Wednesday, May 13, 2020 at 3:00 p.m. (Calgary time), or at any adjournment thereof.

	For	Withhold		For	Withhold		For	Withhold
1. Election of Directors.								
a. Brian Schmidt	<input type="checkbox"/>	<input type="checkbox"/>	b. Floyd Price	<input type="checkbox"/>	<input type="checkbox"/>	c. Jeffrey Boyce	<input type="checkbox"/>	<input type="checkbox"/>
d. John Leach	<input type="checkbox"/>	<input type="checkbox"/>	e. Ian Currie	<input type="checkbox"/>	<input type="checkbox"/>	f. Robert Spitzer	<input type="checkbox"/>	<input type="checkbox"/>
g. Marnie Smith	<input type="checkbox"/>	<input type="checkbox"/>						
2. Appointment of Auditors. The appointment of KPMG LLP, Chartered Professional Accountants, as auditors to hold office until the close of the next annual meeting of the Corporation, at such remuneration as may be determined by the board of directors of the Corporation.							For	Withhold
							<input type="checkbox"/>	<input type="checkbox"/>
3. Approval of Reduction of Stated Capital. To approve a special resolution reducing the stated capital of the Common Shares, as more particularly described in the accompanying management information circular dated April 13, 2020.							For	Against
							<input type="checkbox"/>	<input type="checkbox"/>

To transact such further and other business as 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.

Signature(s):

Date

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.**

/ /
MM / DD / YY

Interim Financial Statements – Check the box to the right if you would like to **RECEIVE** Interim Financial Statements and accompanying Management’s Discussion & Analysis by mail. See reverse for instructions to sign up for delivery by email.

Annual Financial Statements– Check the box to the right if you would like to **DECLINE** to receive the Annual Financial Statements and accompanying Management’s Discussion and Analysis by mail.

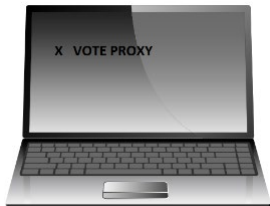
This form of proxy is solicited by and on behalf of Management.

Proxies must be received by 3:00 P.M., Calgary Time, on May 11, 2020.

Notes to Proxy

1. Each holder has the right to appoint a person, who need not be a holder, to attend and represent him or her at the Annual General and Special Meeting. If you wish to appoint a person other than the persons whose names are printed herein, please insert the name of your chosen proxyholder in the space provided on the reverse.
2. If the securities are registered in the name of more than one holder (for example, joint ownership, trustees, executors, etc.) then all of the registered owners must sign this proxy in the space provided on the reverse. 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 appears 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 holder.
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, this proxy will be voted as recommended by Management.
6. The securities represented by this proxy will be voted or withheld from voting, in accordance with the instructions of the holder, on any ballot that may be called for and, if the holder 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 to matters identified in the Notice of Meeting or other matters that may properly come before the meeting.
8. This proxy should be read in conjunction with the accompanying documentation provided by Management.

INSTEAD OF MAILING THIS PROXY, YOU MAY SUBMIT YOUR PROXY USING SECURE ONLINE VOTING AVAILABLE ANYTIME:



To Vote Your Proxy Online please visit:

<http://odysseytrust.com/Transfer-Agent/Login> and click on VOTE. You will require the CONTROL NUMBER printed with your address to the right. If you vote by Internet, **do not mail** this proxy.

Shareholder Address and Control Number Here

To Virtually Attend the Meeting:

You can attend the meeting virtually by visiting <http://www.gowebcasting.com/10610>. For further information on the virtual meeting and how to attend, please refer to the accompanying management information circular of the Corporation dated April 13, 2020.

To request the receipt of future documents via email and/or to sign up for Securityholder Online services, you may contact Odyssey Trust Company at www.odysseycontact.com

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. A return envelope has been enclosed for voting by mail.