SINTANA ENERGY INC.



8th Floor, 100 University Avenue Toronto, Ontario M5J 2Y1 www.computershare.com

Security Class

Holder Account Number

Form of Proxy - Annual General and Special Meeting to be held on December 15, 2023

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

Notes to proxy

- 1. Every holder has the right to appoint some other person or company of their choice, who need not be a holder, 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 Management Nominees whose names are printed herein, please insert the name of your chosen proxyholder in the space provided (see reverse).
- 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.

Proxies submitted must be received by 11:00 am, CST, on December 13, 2023.

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

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To Vote Using the Telephone

- Call the number listed BELOW from a touch tone telephone.
 - 1-866-732-VOTE (8683) Toll Free



- 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.

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

I/We being holder(s) of securities of S "Company") hereby appoint: Keith D. Sean J. Austin (the "Management Nomi	Sintana Ene Spickelmier nees")	rgy Inc. (t , or failing	he this person,	OR	Print the name of the appointing if this per other than the Manag Nominees listed here	son is so ement	rou are meone				
as my/our proxyholder with full power of given, as the proxyholder sees fit) and c Legacy Town Center, 6860 Dallas Park	on all other n	natters that	t may properly come	e before th	e Annual General and	Special Me	eeting of shareholders of t	he Company to be I	ons have neld at R	e been EGUS -	
VOTING RECOMMENDATIONS ARE I	NDICATED	by <mark>high</mark> i	IGHTED TEXT OV	ER THE B	OXES.						
1. Election of Directors	For	Withhold	I		For	Withho	ld		For	Withhold	
01. Keith D. Spickelmier			02. Douglas G.	Manner			03. Bruno C. Maruz	ZO			
04. Dean P. Gendron			05. Robert Bose	e			06. Knowledge R. k	atti			Fold
									For	Withhold	
2. Appointment of Auditors											
Appointment of MNP LLP as Audito	ors of the C	ompany f	or the ensuing ye	ar and au	uthorizing the Directo	rs to fix th	heir remuneration.				
									For	Against	
3. Approval of Amendments to St	tock Optio	n Plan									
To approve certain amendments to of the aggregate number of commo resolutions set forth in Schedule B	n shares o	f the Com	pany as are issue	ed and ou	utstanding from time	o time, ir	n substantially the form				
									For	Against	
4. Approval of Amendments to R	SU Plan										
To approve certain amendments to lesser of (i) 14,500,000 common sh outstanding common shares of the the form of resolutions appended to	ares of the Company	Compan as determ	y; and (ii) such nu iined as of the dat	umber of	common shares of th	e Compa	any as would not excee	d 10% of the			
											Fold
Signature of Proxyholder					Signature(s)			Date			
I/We authorize you to act in accordance with my/our instructions set out above. I/W/ revoke any proxy previously given with respect to the Meeting. If no voting instruct indicated above, and the proxy appoints the Management Nominees, this Pro- voted as recommended by Management.											
			like to receive the A	Annual Fina	s - Mark this box if you wou Incial Statements and Discussion and Analysis b		Information Circular receive the Information securityholders' meetir	Circular by mail for th		0	
If you are not mailing back your proxy, you ma	ay register onl	ine to receiv	e the above financial r	eport(s) by	mail at www.computersha	e.com/maili	inglist.				
ZEXQ	35	894	9				AR4			+	