



Instrument of Proxy for the 2019 Annual Meeting of Shareholders

This Instrument of Proxy is solicited on behalf of management of Tourmaline Oil Corp. (Tourmaline or the Company) in connection with the 2019 Annual Meeting of Shareholders to be held in the Ballroom at the Metropolitan Centre, 333-4th Avenue S.W., Calgary, Alberta on Wednesday, June 5, 2019 at 3:00 p.m. (Calgary time) and any adjournments or postponements thereof (the Meeting).

The undersigned registered holder of **Common Shares** of Tourmaline hereby appoints Michael L. Rose, President and Chief Executive Officer of the Company, of the City of Calgary, in the Province of Alberta or, failing him, Brian G. Robinson, Vice President Finance and Chief Financial Officer of the Company, or instead of either of the foregoing, the person named below as proxy of the undersigned, with full powers of substitution, to attend and act and vote for and on behalf of the undersigned at the Meeting, and on every ballot that may take place in consequence thereof to the same extent and with the same powers as if the undersigned were personally present at the Meeting with authority to vote at the said proxy's discretion, except as otherwise specified below. **The Common Shares represented by this Instrument of Proxy will be voted as directed below or, if no direction is given, will be voted in accordance with the recommendations of management. Voting recommendations are indicated by the bold text over the boxes below.**

To attend in person or to appoint someone to attend on your behalf print that name here, if this person is someone other than the individuals listed above.

Without limiting the general powers hereby conferred, the undersigned hereby directs the said proxyholder to vote the Common Shares represented by this Instrument of Proxy in the following manner:

1. Election of Directors:

The election of the following nominees as directors of Tourmaline until the close of the next annual meeting.

	FOR	WITHHOLD
01 Michael L. Rose	<input type="checkbox"/>	<input type="checkbox"/>
02 Brian G. Robinson	<input type="checkbox"/>	<input type="checkbox"/>
03 Jill T. Angevine	<input type="checkbox"/>	<input type="checkbox"/>
04 William D. Armstrong	<input type="checkbox"/>	<input type="checkbox"/>
05 Lee A. Baker	<input type="checkbox"/>	<input type="checkbox"/>
06 John W. Elick	<input type="checkbox"/>	<input type="checkbox"/>
07 Andrew B. MacDonald	<input type="checkbox"/>	<input type="checkbox"/>
08 Lucy M. Miller	<input type="checkbox"/>	<input type="checkbox"/>
09 Ronald C. Wigham	<input type="checkbox"/>	<input type="checkbox"/>

FOR

WITHHOLD

2. Appointment of Auditors:

The re-appointment of KPMG LLP, Chartered Professional Accountants, as auditor of Tourmaline for the ensuing year and to authorize the directors of the Company to fix their remuneration as such.

At the discretion of the said proxyholders, upon any amendment or variation of the above matters or any other matter that may be properly brought before the Meeting or any adjournment or postponement thereof in such manner as such proxy, in such proxyholder's sole judgment, may determine.

The undersigned hereby revokes any proxies previously given.

Dated _____, 2019

(signature of shareholder)

(name of shareholder – please print)

All Proxies must be received by 3:00 p.m. (Calgary time) on Monday, June 3, 2019.

REQUEST FOR MATERIALS BY MAIL

TO: AST Trust Company (Canada)

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| <p><input type="checkbox"/> Interim Financial Statements - Mark this box if you would like to receive Interim Financial Statements and accompanying Management's Discussion and Analysis by mail.</p> | <p><input type="checkbox"/> Annual Financial Statements - Mark this box if you do not wish to receive the Annual Financial Statements and accompanying Management's Discussion and Analysis by mail.</p> |
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NOTES

1. **Each shareholder has the right to appoint a proxy, other than the persons designated above, who need not be a shareholder, to attend and act and vote for him or her and on his or her behalf at the Meeting. To exercise such right, the names of the nominees of management should be crossed out and the name of the shareholder's appointee should be legibly printed in the blank space provided. The person appointed proxy must be present at the Meeting to vote.**
2. If the shareholder is a corporation, its corporate seal must be affixed or this Instrument of Proxy must be signed by an officer or attorney thereof duly authorized.
3. This Instrument of Proxy must be dated and the signature hereon should be exactly the same as the name in which the shares are registered. If this Instrument of Proxy is undated, it will be deemed to be dated the date on which it was received by or on behalf of Tourmaline.
4. Persons signing this Instrument of Proxy as executors, administrators, trustees, etc. should so indicate and give their full title as such.
5. This Instrument of Proxy will not be valid and not be acted upon or voted unless it is completed as outlined herein and submitted to AST Trust Company (Canada) at any time up to 3:00 p.m. (Calgary time) on Monday, June 3, 2019 or not less than 48 hours (excluding Saturdays, Sundays and holidays) prior to the time of any adjournment(s) or postponement(s) of the Meeting (the "**Proxy Deadline**")
6. If you appoint a proxy holder and submit your voting instructions and subsequently wish to change your appointment or voting instructions you may resubmit your proxy, any time up to the Proxy Deadline. When resubmitting a proxy, the latest proxy will be recognized as the only valid one, and all previous proxies submitted will be disregarded and considered as revoked, provided that your latest proxy is submitted any time up to the Proxy Deadline.
7. This Instrument of Proxy should be read in conjunction with the Notice of Annual Meeting of Shareholders and the Information Circular – Proxy Statement of Tourmaline dated April 18, 2019.
8. A proxy is valid only at the meeting in respect of which it is given or any adjournment(s) or postponement(s) of that meeting.

INTERNET

- Go to www.astvotemyproxy.com
- Cast your vote online
- View meeting documents

TELEPHONE

Use any touchtone phone, call toll free in Canada and the United states 1-888-489-5760 and follow the voice Instructions

To vote using your smartphone, please scan this QR Code



To vote by internet or telephone you will need your 13 digit control number. If you vote by internet or telephone, do not return this Proxy.

MAIL, FAX or EMAIL

- Complete and return your signed proxy in the envelope provided or send to:
AST Trust Company (Canada),
P.O. Box 721,
Agincourt, ON, M1S 0A1
- You may alternatively fax your proxy (**both sides**) toll free to 1-866-781-3111 or scan and email (**both sides**) to proxyvote@astfinancial.com