



NOTICE-AND-ACCESS NOTIFICATION

Tourmaline Oil Corp. Annual Meeting

Date and Time: Wednesday, June 5, 2019 at 3:00 p.m. (Calgary time)

Place: Ballroom at the Metropolitan Centre, 333-4th Avenue S.W., Calgary, Alberta

You are receiving this notification as a beneficial shareholder of Tourmaline Oil Corp. (Tourmaline or the Company). Tourmaline has elected to use the notice-and-access mechanism for delivery of its 2019 proxy-related materials for the upcoming Annual Meeting (the Meeting)¹.

Under the notice-and-access mechanism you still receive a voting instruction form, however, instead of a paper copy of Tourmaline's Information Circular – Proxy Statement; you are receiving this notification outlining how you may access these materials electronically. Beneficial shareholders with existing instructions on their account to receive paper materials will receive a paper copy of Tourmaline's Information Circular – Proxy Statement. The use of the notice-and-access mechanism directly benefits Tourmaline through a reduction in postage and material costs and is also more environmentally friendly because it helps to reduce paper usage.

Business of the Meeting

At the Meeting, shareholders are being asked to consider and vote on the following matters:

ELECTION OF DIRECTORS: To elect nine (9) directors.

Information respecting the election of directors may be found under the heading "*Information Regarding Proposed Directors*" in Tourmaline's Information Circular – Proxy Statement.

APPOINTMENT OF AUDITORS: To re-appoint KPMG LLP, Chartered Professional Accountants (KPMG LLP) as the Company's auditors for the ensuing year and to authorize the directors to set their remuneration.

Information respecting the appointment of KPMG LLP may be found under the heading "*Matters to be Acted Upon at the Meeting – Appointment of Auditors*" in Tourmaline's Information Circular – Proxy Statement.

OTHER BUSINESS: To transact such other business as may properly be brought before the Meeting or any adjournment thereof.

Electronic copies of the proxy-related materials may be found and downloaded at www.meetingdocuments.com/ASTca/tou or through Tourmaline's profile on www.sedar.com. **We strongly encourage you to review Tourmaline's Information Circular – Proxy Statement in full prior to voting.**

¹ Tourmaline will use the notice-and-access mechanism to send its proxy-related materials to all beneficial holders who do not have standing instructions to, or have otherwise requested to, receive paper copies of Tourmaline's materials. Tourmaline has elected not to utilize the notice-and-access mechanism to send its proxy-related materials to registered holders. Tourmaline will be sending paper copies to all registered holders.

Voting

Non-Objecting Beneficial Owners and Participants in Tourmaline's Employee Share Purchase Plan

You have four ways to submit your completed voting instruction form if you are a "non-objecting beneficial owner" as defined under applicable securities laws or a participant in Tourmaline's Employee Share Purchase Plan:

VOTE USING THE INTERNET www.ASTvotemyproxy.com	VOTE BY PHONE 1-800-489-5760 (toll free Canada and US)	VOTE BY FAX 1-866-781-3111 (toll free)	VOTE BY MAIL AST Trust Company (Canada) Attention: Proxy Department P.O. Box 721 Agincourt, ON M1S 0A1
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Objecting Beneficial Owners

You have four ways to submit your completed voting instruction form if you are an "objecting beneficial owner" as defined under applicable securities laws ("**OBO**"):

VOTE USING THE INTERNET www.proxyvote.com	VOTE BY PHONE 1-800-474-7493 (English) 1-800-474-7501 (French)	VOTE BY FAX 1-905-507-7793	VOTE BY MAIL Data Processing Centre P.O. Box 2800 STN LCD Malton Mississauga, Ontario, L5T 2T7
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If you are an OBO receiving a voting instruction form or proxy from a broker or agent, you cannot use that voting instruction form or proxy to vote in person at the Meeting. To vote your shares at the Meeting, the voting instruction form or proxy must be returned as instructed by the broker or agent well in advance of the Meeting. If you wish to attend and vote your shares in person at the Meeting, follow the instructions for doing so provided by your broker or agent.

Proxies must be received by Tourmaline no later than 3:00 p.m. (Calgary time) on Monday, June 3, 2019, or if the Meeting is adjourned or postponed, not less than 48 hours prior to such adjourned or postponed Meeting (excluding Saturdays, Sundays and holidays), however your voting instruction form may provide for an earlier date in order to process your votes in a timely manner. To ensure your votes are counted you should ensure your voting instruction form is submitted in the timeline provided for on such voting instruction form.

Requests for paper copies

Should you wish to receive paper copies of the proxy-related materials, or if you have any questions about the notice-and-access mechanism, please contact AST Trust Company (Canada) at 1-888-433-6443 or (416) 682-3801 outside Canada and the U.S. or fulfilment@astfinancial.com. We estimate that your request for materials will need to be received prior to May 22, 2019 in order for you to receive your paper copies in advance of the deadline for submission of voting instruction forms and the date of the Meeting. Materials will be sent within three business days of requests received before the date of the Meeting.

Calgary, Alberta, Canada
April 18, 2019

BY ORDER OF THE BOARD OF DIRECTORS

(signed) "*Scott Kirker*"

Scott Kirker
General Counsel and Corporate Secretary