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High Arctic to Announce 2022 First Quarter Results

Calgary, Alberta, May 9, 2022: High Arctic Energy Services Inc. (TSX: HWO) "High Arctic" or the "Corporation" intends to release its 2022 first quarter results on Thursday, May 12, 2022 after markets close and has scheduled a conference call to begin at 11:00 am MT (1:00 pm ET) on Friday, May 13, 2022.

The conference call dial in numbers are 1-800-952-5114 or 416-641-6104 and the participant passcode is 5554579#. Participants joining from outside North America can find International dial-in numbers at: <https://www.confsoptions.ca/ILT?oss=7P1R8009525114>.

An archived recording of the conference call will be available approximately two hours after the call ends by dialing 1-800-408-3053 and will remain available until June 13, 2022. An audio recording of the conference call will also be available within 24 hours on High Arctic's website.

The Corporation's First Quarter Financial Statements and Management's Discussion & Analysis will be posted to High Arctic's website and SEDAR after the results are released.

About High Arctic

High Arctic's principal focus is to provide drilling and specialized well completion services, equipment rentals and other services to the oil and gas industry. High Arctic is a market leader providing drilling and specialized well completion services and supplies rig matting, camps and drilling support equipment on a rental basis in Papua New Guinea. The western Canadian operation provides well servicing, well abandonment, snubbing and nitrogen services and equipment on a rental basis to a large number of exploration and production companies.

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