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High Arctic to Announce 2022 Second Quarter Results

Calgary, Alberta, August 8, 2022: High Arctic Energy Services Inc. (TSX: HWO) "High Arctic" or the "Corporation" intends to release its 2022 second quarter results on Thursday, August 11, 2022 after markets close and has scheduled a conference call to begin at 11:00 am MT (1:00 pm ET) on Friday, August 12, 2022.

The conference call dial in numbers are 1-800-952-5114 or 416-641-6104 and the participant passcode is 3553595#. Participants joining from outside North America can find International dial-in numbers at: <https://www.conf solutions.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 September 13, 2022. An audio recording of the conference call will also be available within 24 hours on High Arctic's website.

The Corporation's Second 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 is an energy services provider. High Arctic is a market leader in Papua New Guinea providing drilling and specialized well completion services and supplies rental equipment including rig matting, camps, material handling and drilling support equipment. In western Canada High Arctic provides nitrogen services and pressure control equipment on a rental basis to a number of exploration and production companies.

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