



NEWS RELEASE

MAY 16, 2019

CARDINAL ENERGY LTD. REPORTS ELECTION OF DIRECTORS

Calgary, Alberta - (May 16, 2019) (TSX - CJ) Cardinal Energy Ltd. ("**Cardinal**" or the "**Company**") reports that the nominees listed in its Information Circular - Proxy Statement for the 2019 Annual and Special Meeting of Shareholders were elected as directors. Detailed results of the vote for the election of directors held earlier today are set out below.

Name of Nominee	Votes For	Percent (%)	Votes	
			Withheld	Percent (%)
M. Scott Ratushny	27,994,650	80.86	6,625,725	19.14
John A. Brussa	27,534,129	79.53	7,086,246	20.47
David D. Johnson	28,856,852	83.35	5,763,523	16.65
Stephanie Sterling	28,691,532	82.87	5,928,843	17.13
Gregory T. Tisdale	28,798,192	83.18	5,822,183	16.82

For complete voting results, please see our Report of Voting Results which will be available tomorrow through SEDAR at www.sedar.com.

The presentation materials from Cardinal's Annual and Special Meeting are available for viewing on Cardinal's website.

About Cardinal Energy Ltd.

Cardinal is a junior Canadian oil focused company built to provide investors with a stable platform for dividend income and growth. Cardinal's operations are focused in low decline light and medium quality oil in Alberta and Saskatchewan.

For further information:

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