

Paramount Resources Ltd.

Paramount Resources Ltd. Provides Annual General Meeting Update

CALGARY, April 1, 2020 /CNW/ - Paramount Resources Ltd. ("Paramount" or the "Company") (TSX: POU) announces that the 2020 annual general meeting of its shareholders (the "Meeting") will be held on Thursday, May 7, 2020 at 10:30 a.m. (MDT) at the Company's offices in Calgary, Alberta. Due to restrictions on mass gatherings implemented by the Government of Alberta in response to the COVID-19 (Coronavirus) outbreak and out of concern for the wellbeing of all participants, shareholders and guests will not be permitted to physically attend the Meeting.

Paramount encourages all shareholders to vote in advance of the meeting by mail, telephone or internet in the manner set out in the meeting materials that have been sent to shareholders, copies of which can be accessed on Paramount's website at <https://www.paramountres.com/investor-relations/shareholder-meetings#2020> and on SEDAR at www.sedar.com.

A live audio webcast of the Meeting will be available on Paramount's website at <http://www.paramountres.com/investor-relations/webcasts-and-latest-presentation> and also at https://produceredition.webcasts.com/starthere.jsp?ei=1297026&tp_key=d2782153a4.

A recording of the webcast will remain available on Paramount's website following the Meeting for those unable to listen live.

ABOUT PARAMOUNT

Paramount is an independent, publicly traded, liquids-focused Canadian energy company that explores for and develops both conventional and unconventional petroleum and natural gas reserves and resources, including longer-term strategic exploration and pre-development plays, and holds a portfolio of investments in other entities. The Company's principal properties are located in Alberta and British Columbia. Paramount's Class A common shares are listed on the Toronto Stock Exchange under the symbol "POU".

SOURCE Paramount Resources Ltd.

For further information: Paramount Resources Ltd., J.H.T. (Jim) Riddell, President and Chief Executive Officer and Chairman, Rodrigo (Rod) Sousa, Executive Vice President, Corporate Development and Planning, www.paramountres.com, Phone: (403) 290-3600

<https://stage.mediaroom.com/paramount/2020-04-01-Paramount-Resources-Ltd-Provides-Annual-General-Meeting-Update>