Paramount Resources Ltd.

# Paramount Resources Ltd. Advises of Dividend Record Time and Dividend Payment Ratio

FOR: PARAMOUNT RESOURCES LTD.

TSX SYMBOL: POU

FEBRUARY 12, 2003 - 09:00 EST

Paramount Resources Ltd. Advises of Dividend Record Time and Dividend Payment Ratio

CALGARY, ALBERTA--Paramount Resources Ltd. ("PRL") (TSX : POU) advises that the record time for the determination of the holders of PRL common shares entitled to receive trust units (the "Trust Units") of Paramount Energy Trust ("PET") pursuant to the dividend previously declared by the board of directors of PRL (the "Dividend") occurred at 4:30 p.m. (Calgary time) on February 11, 2003 (the "Dividend Record Time"). Payment of the Trust Units pursuant to the Dividend will occur on February 12, 2003. The Dividend will be paid on the basis of one Trust Unit for every 6.071646 PRL common shares held at the Dividend Record Time. No fractional Trust Units will be issued pursuant to the payment of the Dividend. The number of Trust Units to be distributed to each PRL shareholder will be rounded down to the next lowest whole number of Trust Units.

In the view of PRL the fair market value of each Trust Unit paid pursuant to the Dividend is Cdn.$5.15. PRL will prepare T5 information slips for its shareholders in respect of the Dividend based on this value, however it is not binding on the Canada Customs and Revenue Agency. It is recommended that shareholders of PRL consult their own tax advisors in order to determine the tax consequences of the payment of the Dividend to them.

The Dividend was declared after PET received all regulatory clearances with respect to its final prospectus in Canada and its registration statement in the United States. The final prospectus and registration statement qualify and register (i) the Trust Units to be paid pursuant to the Dividend, (ii) rights to purchase further Trust Units, such rights to be issued by PET to unitholders after the payment of the Dividend, and (iii) the Trust Units issuable upon the exercise of the rights.

BMO Nesbitt Burns Inc., CIBC World Markets Inc. and FirstEnergy Capital Corp. are acting as financial advisors to PRL with respect to the foregoing transactions, and have agreed to act as dealer managers in Canada under the rights offering.

This press release shall not constitute an offer to sell or the solicitation of an offer to buy nor shall there be any sale of these securities in any State in which such offer, solicitation or sale would be unlawful prior to registration or qualification under the securities laws of any such State. The securities to be offered under the registration statement are in connection with a distribution by both PET (the issuer of the securities) and PRL (a security holder of a portion of the securities). A written prospectus relating to this distribution may be obtained from:

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| In Canada: | In the United States: |
|---|---|
| BMO Nesbitt Burns Inc.<br>Shane Fildes<br>1400, 421 - 7 Avenue SW<br>Calgary, Alberta T2P 4K9<br>(403) 515-1500 | BMO Nesbitt Burns Corp.<br>Bill Schneider<br>700 Louisiana Street, Suite 4425<br>Houston, Texas 77002<br>(713) 223-4400 |
| CIBC World Markets Inc.<br>Brian Heald<br>9th Floor, Bankers Hall East<br>855 - 2 Street SW<br>Calgary, Alberta T2P 4J7<br>(403) 260-0500 | CIBC World Markets Corp.<br>David Ash<br>1600 Smith Street, Suite 3100<br>Houston, Texas 77002<br>(713) 650-2000 |
| FirstEnergy Capital Corp.<br>John Chambers<br>1600, 333 - 7 Avenue S.W.<br>Calgary, Alberta T2P 2Z1<br>(403) 262-0600 | FirstEnergy Capital (USA) Corp.<br>James Davidson<br>1600, 333 - 7 Avenue SW<br>Calgary, Alberta T2P 2Z1<br>(403) 262-0600 |

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In addition, persons resident in Canada can view a copy of the Canadian final prospectus at the SEDAR website at www.sedar.com and persons resident in the United States can view a copy of the U.S. registration statement at the EDGAR website which can be located through www.sec.gov .

PRL is a Canadian oil and natural gas exploration, development and production company with operations focussed in Western Canada. PRL's common shares are listed on the Toronto Stock Exchange under the symbol "POU".

The Toronto Stock Exchange has neither approved nor disapproved the information contained herein.

For further information: Paramount Resources Ltd., Clayton (Clay) H. Riddell, Chairman and CEO, (403) 290-3600, Paramount Resources Ltd., James (Jim) H. T. Riddell, President, (403) 290-3600

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