

UPDATE TO MAY 20, 2020 NEWS RELEASE PETRO VIKING WILL RELY ON TEMPORARY RELIEF BY REGULATORS IN FILING THE FINANCIAL STATEMENTS AND MD&A FOR THE INTERIM PERIOD ENDED MARCH 31, 2020.

Calgary, Alberta, July 3, 2020 - Petro Viking Energy Inc. ("Petro Viking" or the "Company").

On May 20, 2020 the Company announced that on March 23, 2020, Canadian securities regulators published temporary blanket relief, Blanket Order 51-517 ("Order") for market participants from certain regulatory filings a result of COVID-19.

Further to the May 20, 2020 News Release, the Company is relying on the Blanket Order 51-517 ("Order") to file its Interim Financial Statements and Management Discussion and Analysis ("MD&A"). The Company expects to complete this filing on or before July 15, 2020

Pursuant to the Order, the Company acknowledges that its management and other insiders are subject to an insider trading black-out policy that reflects the principles in section 9 of National Policy 11-207 Failure –to-File Cease Trade Orders and Revocations in Multiple Jurisdictions (National Policy 11-207).

Petro Viking further announces that its Q4 Financial Statements and the MD&A were filed on June 18, 2020, and confirms that there have been no material business developments since this filing.

For further information, please contact: Lars Glimhagen, President and CEO Email: lars@petroviking.ca.

All statements contained in this press release about anticipated future events constitute forward-looking statements. Forward looking statements are often, but not always, identified by the use of words such as "anticipate" and "expect". Forward-looking statements are subject to business risks and uncertainties and other factors that could cause actual results to differ materially from those contained in the forward-looking statements. Forward-looking statements are based on estimates and opinions of management at the date the statements are made. The Company does not undertake any obligation to update forward-looking statements even if circumstances or management's estimates or opinions should change except as required by applicable laws. Investors should not place undue reliance on forward-looking statements.