



# TSAKOS ENERGY NAVIGATION LIMITED (TEN)

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Press Release  
April 16, 2021

## TEN, Ltd. Announces Availability of Form 20-F for the Year Ended December 31, 2020

ATHENS, GREECE – April 16, 2021 - TEN, Ltd. (“TEN” or the “Company”) (NYSE:TNP) today announced that its Annual Report on Form 20-F for the year ended December 31, 2020 has been filed with the Securities and Exchange Commission and can be accessed on the Company's website.

Shareholders may also request a hard copy of the complete audited financial statements, free of charge, by clicking on the annual report prompt under the Contact Us section of the Company’s website, <http://www.tenn.gr>.

Alternatively, shareholders may request a hard copy of the complete audited financial statements, free of charge, by contacting the Company’s Investor Relations Advisor at:

Capital Link Inc.  
230 Park Avenue, Suite 1536  
New York, NY 10169 USA  
Tel: (+) 1 212 661 7566  
[ten@capitalink.com](mailto:ten@capitalink.com)

The Annual Report, other reports and other information regarding the Company are also available without charge at a website maintained by the U.S. Securities and Exchange Commission at <http://www.sec.gov>.

### ABOUT TSAKOS ENERGY NAVIGATION

TEN, founded in 1993 and celebrating this year 28 years as a public Company, is one of the first and most established public shipping companies in the world. TEN’s diversified energy fleet currently consists of 68 double-hull vessels, including one LNG carrier and one suezmax DP2 shuttle tanker under construction, constituting a mix of crude tankers, product tankers and LNG carriers, totaling 7.5 million dwt.

## **ABOUT FORWARD-LOOKING STATEMENTS**

Except for the historical information contained herein, the matters discussed in this press release are forward-looking statements that involve risks and uncertainties that could cause actual results to differ materially from those predicted by such forward-looking statements. TEN undertakes no obligation to publicly update any forward-looking statement, whether as a result of new information, future events, or otherwise.

For further information, please contact:

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