



TSAKOS ENERGY NAVIGATION LIMITED (TEN)

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Press Release
February 28, 2017

TEN Ltd. Announces Date of Fourth Quarter 2016 Financial Results, Conference Call and Webcast

ATHENS, GREECE, February 28, 2017 – TEN Ltd. (“TEN”) (NYSE: TNP), a leading crude, product, and LNG tanker operator, will report earnings for the fourth quarter ended December 31, 2016, prior to the open of the market in New York on Friday, March 17, 2017.

That same morning, at 10:00 a.m. Eastern Time, TEN will host a conference call to review the results as well as management's outlook for the business. The call, which will be hosted by TEN's senior management, may contain information beyond that which is included in the earnings press release.

Conference Call details:

Participants should dial into the call 10 minutes before the scheduled time using the following numbers: 1 866 819 7111 (US Toll Free Dial In), 0800 953 0329 (UK Toll Free Dial In) or +44 (0)1452 542 301 (Standard International Dial In). Please quote "Tsakos" to the operator.

A telephonic replay of the conference call will be available until Friday, March 24, 2017 by dialling 1 866 247 4222 (US Toll Free Dial In), 0800 953 1533 (UK Toll Free Dial In) or +44 (0)1452 550 000 (Standard International Dial In). Access Code: 90295809#

Simultaneous Slides and Audio Webcast:

There will also be a simultaneous live, and then archived, slides webcast of the conference call, available through TEN's website (www.tenn.gr). The slides webcast will also provide details related to fleet composition and deployment and other related company information. This presentation will be available on the Company's corporate website reception page at www.tenn.gr. Participants for the live webcast should register on the website approximately 10 minutes prior to the start of the webcast.

Visit our company website at: <http://www.tenn.gr>

ABOUT TSAKOS ENERGY NAVIGATION

TEN, founded in 1993, is one of the first and most established public shipping companies in the world today. The Company's pro-forma fleet, including four Aframax crude tankers and a Suezmax DP2 shuttle tanker which are under construction, consists of 65 double-hull vessels, constituting a mix of crude tankers, product tankers and LNG carriers, totalling 7.2 million dwt. Of these, 45 vessels trade in crude, 15 in products, three are shuttle tankers and two are LNG carriers. All of TEN's tanker newbuildings are fixed on long-term project businesses.

NEWBUILDINGS DELIVERED & VESSELS UNDER CONSTRUCTION

#	Vessel Name	Type	Dwt	Delivery	Status	Employment
1	Ulysses	VLCC	300,000	June 2016	Delivered	Yes
2	Elias Tsakos	Aframax	112,700	June 2016	Delivered	Yes
3	Thomas Zafiras	Aframax	112,700	Aug 2016	Delivered	Yes
4	Leontios H	Aframax	112,700	Oct 2016	Delivered	Yes
5	Parthenon TS	Aframax	112,700	Nov 2016	Delivered	Yes
6	Marathon TS	Aframax	112,700	Feb 2017	Delivered	Yes
7	Sola TS	Aframax	112,700	Q1 2017	TBD	Yes
8	Oslo TS	Aframax	112,700	Q2 2017	TBD	Yes
9	Stavanger TS	Aframax	112,700	Q3 2017	TBD	Yes
10	Bergen TS	Aframax	112,700	Q4 2017	TBD	Yes
11	Sunray	Panamax LR1	74,200	Aug 2016	Delivered	Yes
12	Sunrise	Panamax LR1	74,200	Sep 2016	Delivered	Yes
13	Maria Energy	LNG	93,616	Oct 2016	Delivered	Yes
14	Lisboa	DP2 Shuttle	157,000	Q1 2017	TBD	Yes
15	Hercules I	VLCC	300,000	Jan 2017	Delivered	Yes

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.

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Investor Relations / Media

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