TSAKOS ENERGY NAVIGATION LIMITED (TEN)

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Press Release
August 25, 2025

TEN Ltd. Announces Date for the Second Quarter and Six Months 2025 Results, Conference Call and Webcast

ATHENS, GREECE, August 25, 2025 – TEN Ltd. (NYSE: TEN), a leading diversified crude, product and LNG tanker operator, today announced that it will report earnings for the second quarter and six months ended on June 30, 2025, prior to the market open in New York on Wednesday, September 10, 2025.

That same day, at 10:00 a.m. Eastern Time, TEN will host a conference call to review the results as well as the 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: 877- 405- 1226 (US Toll-Free Dial In) or +1 201-689-7823 (US and Standard International Dial In). Please quote "Tsakos" to the operator and/or conference ID 13755603. Click here for additional participant International Toll Free access numbers.

Alternatively, participants can register for the call using the call me option for a faster connection to join the conference call. You can enter your phone number and let the system call you right away. Click here for the call me option.

Simultaneous Slides and Audio Webcast:
There will also be a live, and then archived, webcast of the conference call and accompanying slides, available through the Company's website. To listen to the archived audio file, visit our website www.tenn.gr and click on Webcasts & Presentations under our Investor Relations page. Participants joining the live webcast should register on the website approximately 10 minutes prior to the scheduled start time.

ABOUT TSAKOS ENERGY NAVIGATION

Founded in 1993 and celebrating 32 years as a public company, TEN is one of the first and most established public shipping companies in the world. TEN's diversified energy fleet currently consists of 82 vessels, including eleven DP2 shuttle tankers, two VLCCs plus one option, one scrubber fitted suezmax vessel, two scrubber-fitted MR product tankers and five scrubber-fitted LR1 tankers under construction, consisting of a mix of crude tankers, product tankers and LNG carriers totaling approx. 11 million dwt.

For further information, please contact:

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