TSAKOS ENERGY NAVIGATION LIMITED (TEN)

367 Syngrou Avenue, 175 64 P. Faliro, Hellas
Tel: *30210 94 07 710-3,* ***Fax:*** *30210 94 07 716,* ***e-mail:*** *ten@tenn.gr*
Website: *http://www.tenn.gr*

Press Release
November 3, 2026

TEN Ltd. Announces Date for the Third Quarter and Nine Months 2026 Results, Conference Call and Webcast

ATHENS, GREECE, November 3, 2026 – TEN Ltd. (NYSE: TEN) ("TEN" or the "Company"), a leading diversified tanker and LNG operator, announced that it will report financial results for the third quarter and nine months ended September 30, 2026, prior to the open of the market in New York on Thursday, November 19, 2026.

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 13763599. 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 to the live webcast should register on the website approximately 10 minutes prior to the start of the webcast.

ABOUT TEN Ltd.
Founded in Bermuda in 1993 and celebrating 33 years as a public company, 24 of which on the NYSE, TEN is one of the first and most established public shipping companies in the world. TEN's diversified pro-forma energy fleet currently consists of 80 vessels, totaling approx. 10.4 million dwt.

For further information, please contact:

Company
Tsakos Energy Navigation Ltd.
George Saroglou
President & COO
+30210 94 07 710
gsaroglou@tenn.gr

Investor Relations / Media
Capital Link, Inc.
Nicolas Bornozis / Markella Kara
+212 661 7566
ten@capitallink.com