

NEWS RELEASE
January 23, 2020

ARC RESOURCES LTD. AMENDS PAYMENT DATE FOR MONTHLY DIVIDEND AMOUNT OF \$0.05 PER SHARE TO FEBRUARY 14, 2020

CALGARY, January 23, 2020 (ARX - TSX) ARC Resources Ltd. ("ARC") has amended the payment date for its monthly dividend of \$0.05 per share from February 17, 2020 to February 14, 2020. The dividend remains payable to shareholders of record on January 31, 2020 and the ex-dividend date is January 30, 2020. As at January 23, 2020, the trailing 12-month payments to shareholders total \$0.60 per share.

ARC is one of Canada's largest conventional oil and gas companies with an enterprise value of approximately \$3.6 billion. ARC's common shares trade on the TSX under the symbol ARX.

ARC RESOURCES LTD.

Myron M. Stadnyk
President and Chief Executive Officer

For further information about ARC Resources Ltd., please visit our website

www.arcresources.com

or contact:

Investor Relations, E-mail: ir@arcresources.com

Telephone: (403) 503-8600 Fax: (403) 509-6427

Toll Free: 1-888-272-4900

ARC Resources Ltd.

Suite 1200, 308 – 4th Avenue S.W.

Calgary, AB T2P 0H7