



TRILOGY ENERGY CORP.

Calgary, Alberta

March 2, 2010

NEWS RELEASE: TRILOGY ENERGY CORP. FILES ITS YEAR END DISCLOSURE DOCUMENTS

Trilogy Energy Corp. ("Trilogy") (TSX – TET) announces that today it has filed with Canadian Securities authorities its audited Consolidated Financial Statements for the year ended December 31, 2009 and related Management's Discussion & Analysis. Trilogy has also filed its Annual Information Form for the year ended December 31, 2009, including disclosure and reports relating to reserves data and other oil and gas information pursuant to National Instrument 51-101. Copies of these filed documents may be obtained on Trilogy's website www.trilogyenergy.com and will be available on SEDAR at www.sedar.com.

About Trilogy

Trilogy is a petroleum and natural gas-focused Canadian energy corporation that actively acquires, develops, produces and sells natural gas, crude oil and natural gas liquids. Trilogy's common shares are listed on the Toronto Stock Exchange under the symbol "TET".

For further information, please contact:

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