



For Immediate Release

July 27, 2009

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**NYSE Amex LLC Continues Listing of Shares of Canadian Superior Energy Inc.**

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CALGARY, ALBERTA--(Marketwire – July 27, 2009) - Canadian Superior Energy Inc. ("Canadian Superior" or the "Company") ([TSX:SNG](http://www.nyse.com/quote/NYSEAmex:SNG)) (NYSE Amex LLC:SNG) has received notice from the NYSE Amex LLC (the "Exchange" or "NYSE Amex LLC") that it continues to remain below certain of the Exchange's continued listing standards as set forth in section 1003(a)(iv) of the NYSE Amex LLC Company Guide and that the Exchange has extended the date for compliance from July 31, 2009 to September 30, 2009.

On May 19, 2009, the Company announced that it received notice from the NYSE Amex LLC Staff indicating that the Company was not in compliance with the Exchange's continued listing requirements under section 1009 of the Company Guide and that the Exchange had granted the Company until July 31, 2009 to regain compliance. This has been extended to September 30, 2009, and the listing of the shares of the Company on the Exchange is continued pursuant to the extension. The Company will be subject to periodic review by the Exchange Staff during the extension period. Failure to make progress consistent with the plan or to regain compliance with the continued listing standards by the end of the extension period could result in the Company being delisted from the Exchange.

Canadian Superior is a Calgary, Alberta, Canada based diversified global energy company engaged in the exploration and production of oil and natural gas, and liquefied natural gas ("LNG") projects, with operations offshore Trinidad and Tobago, offshore Nova Scotia, Canada, in Western Canada, in the United States and in North Africa. See Canadian Superior's website at [www.cansup.com](http://www.cansup.com) to review Canadian Superior's operations.

This news release contains forward-looking information, including the potential sale of assets, the implementation of a plan of arrangement, and further Court review of CCAA proceedings. Forward-looking information contained in this news release is as of the date of this news release. The Company assumes no obligation to update and/or revise this forward-looking information "except as required by law". Actual results could differ materially due to the results of commercial negotiations with relevant parties.

Statements contained in this news release relating to future results, events and expectations are forward-looking statements within the meaning of Section 27A of the Securities Act of 1933, as amended and Section 21E of the Securities Exchange Act of 1934, as amended. These forward-looking statements involve known and unknown risks, uncertainties, scheduling, re-scheduling and other factors which may cause the actual results, performance, estimates, projections, resource potential and/or reserves, interpretations, prognoses, schedules or achievements of the Corporation, or industry results, to be materially different from any future results, performance or achievements expressed or implied by such statements. Such factors include, among others, those described in the Corporation's annual reports on Form 40-F or Form 20-F on file with the U.S. Securities and Exchange Commission.

**FOR FURTHER INFORMATION PLEASE CONTACT:**

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