

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Meadow Bay Gold Corporation (the "Issuer").

Trading Symbol: MAY

Number of Outstanding Listed Securities: 50,056,229

Date: August 7, 2019

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

The Company had a limited work program during the winter months as the property is located in eastern Nevada near the Utah border and ability to work is limited. The Company continues to carry out maintenance work each month from April 2018 through June 2019. We continue to carry out basic maintenance work. Actual work on program is on hold pending to

outcome of significant transaction. We have halted the stock on June 28, 2019.

2. Provide a general overview and discussion of the activities of management.

Management, including its Chief Geologist, are in constant discussions regarding work program and awaiting completion of a 43-101 technical report and determining a work program to work toward a Preliminary Economic Analysis. During the month of August and early September, the Chief Geologist, the CEO and an independent mining engineer visited the mine-site to review plans for a work program and to prioritize activities at site. During November 2018, a budget was finalized by the management team regarding a work program for 2019. The Company will need to raise additional funds of \$1,000,000 CAD for work to be carried out from limited property access in January through March 2019, then normal working conditions in April through November 2019. During June 2019, work was limited to general maintenance at the mine site.

Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

We are an exploration company only and we plan to follow our work program. We are constantly reviewing our claims to determine priorities. During August, the Company reviewed its claim portfolio and decided to drop 107 unpatented claims on the property. This left the Company with 385 unpatented claims and 13 patented claims as at June 30, 2019

We have recently entered into a transaction with another resource company and we have deferred the work program until the transaction is completed. See item 3 below.

Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

N/A

3. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

We are constantly talking to other parties regarding the work program and the Company announced a significant transaction on June 28, 2019 and also halted trading in the stock.

Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

N/A

4. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

N/A

5. Describe the acquisition of new customers or loss of customers.

N/A

6. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

N/A

7. Report on any employee additions, terminations or lay-offs with details of anticipated length of lay-offs.

No changes

8. Report on any labour disputes and resolutions of those disputes if applicable.

No disputes

9. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

None

10. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

No changes

11. Provide details of any securities issued and options or warrants granted.

No transactions

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾

(1) State aggregate proceeds and intended allocation of proceeds.

12. Provide details of any loans to or by Related Persons.

No changes

13. Provide details of any changes in directors, officers or committee members.

No changes

14. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

Nothing to report

Certificate Of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated August 7, 2019.

Robert Dinning
Name of Director or Senior
Officer

"Robert Dinning"
Signature
Chairman and CEO
Official Capacity

Issuer Details	For Month	Date of Report
Name of Issuer	End	YY/MM/D
Meadow Bay Gold Corporation	July 2019	19/08/07
Issuer Address		
#210-905 West Pender Street		
City/Province/Postal Code	Issuer Fax No.	Issuer Telephone No.
Vancouver, BC V6C 1L6	(855)557-4622	(604) 641-4450
Contact Name	Contact Position	Contact Telephone No.
Robert Dinning	CEO	(604) 641-4450
Contact Email Address	Web Site Address	
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