

revenueâ€¢ (5,273)â€¢ 911Purchase of insurance contract in connection with settlement of pension plan obligationsâ€¢ (3,649)â€¢ â€¢ â€¢ "Net change in inventories, prepaid expenses and other current assets, accounts â€¢ â€¢ â€¢ â€¢ â€¢ payable, accrued expenses and other current and long-term liabilitiesâ€¢ (8,524)â€¢ â€¢ (3,774)Net cash provided by operating activitiesâ€¢ 453,516â€¢ 562,919Cash Flows from Investing Activitiesâ€¢ â€¢ â€¢ â€¢ â€¢ Expenditures for vessels, vessel improvements and vessels under constructionâ€¢ (216,589)â€¢ (192,218)Proceeds from disposal of vessels and other property, netâ€¢ 71,915â€¢ 20,036Expenditures for other property â€¢ (880)â€¢ (1,035)Investments in short-term time depositsâ€¢ (125,000)â€¢ (210,000)Proceeds from maturities of short-term time depositsâ€¢ 135,000â€¢ 215,000Pool working capital depositsâ€¢ (1,532)â€¢ (1,334)Net cash used in investing activitiesâ€¢ (137,086)â€¢ (169,551)Cash Flows from Financing Activitiesâ€¢ â€¢ â€¢ â€¢ â€¢ Borrowings on revolving credit facilitiesâ€¢ 50,000â€¢ 50,000Repayments on revolving credit facilitiesâ€¢ (50,000)â€¢ (39,851)â€¢ (323,685)Proceeds from sale and leaseback financing, net of issuance and deferred financing costsâ€¢ 169,717Payments on sale and leaseback financing and finance leaseâ€¢ (36,831)â€¢ (123,732)Payments of deferred financing costsâ€¢ (5,759)â€¢ (3,006)Premium and fees on extinguishment of debtâ€¢ (1,323)Repurchase of common stockâ€¢ (25,000)â€¢ (13,948)Cash dividends paidâ€¢ (225,385)â€¢ (247,001)Cash paid to tax authority upon vesting or exercise of stock-based compensationâ€¢ (7,055)â€¢ (5,158)Net cash used in financing activitiesâ€¢ (339,881)â€¢ (498,136)Net decrease in cash and cash equivalents at end of period â€¢ \$ 103,309â€¢ \$ 138,976â€¢ See notes to condensed consolidated financial statements4â€¢ 5â€¢ INTERNATIONAL SEAWAYS,Â INC.CONDENSED CONSOLIDATED STATEMENTS OF CHANGES IN EQUITYDOLLARS IN THOUSANDS(UNAUDITED)â€¢ â€¢ Retainedâ€¢ Accumulatedâ€¢ 380,901â€¢ â€¢ â€¢ Earnings /â€¢ Other â€¢ â€¢ â€¢ â€¢ â€¢ â€¢ â€¢ (Accumulatedâ€¢ Comprehensiveâ€¢ Capitalâ€¢ Deficit)â€¢ Income/(loss)â€¢ Total for the nine months endedâ€¢ 1,490,986â€¢ \$ 226,834â€¢ \$ (1,063)â€¢ \$ 1,716,757Net incomeâ€¢ â€¢ â€¢ â€¢ 380,901â€¢ â€¢ â€¢ â€¢ â€¢ â€¢ 380,901Other comprehensive lossâ€¢ (8,160)â€¢ (8,160)Dividends declared â€¢ â€¢ â€¢ (225,385)â€¢ â€¢ â€¢ â€¢ (225,385)Forfeitures of vested restricted stock awards and exercised stock optionsâ€¢ (7,055)â€¢ (7,055)Compensation relating to restricted stock awardsâ€¢ 811â€¢ 811Compensation relating to restricted stock units awardsâ€¢ 4,826â€¢ 4,826Compensation relating to stock option awardsâ€¢ 99â€¢ 99Equity consideration issued for purchase of vesselsâ€¢ 36,836â€¢ 36,836Repurchase of common stockâ€¢ (25,000)â€¢ (25,000)Balance at September 30, 2024â€¢ \$ 1,501,503â€¢ \$ 382,350â€¢ \$ (9,223)â€¢ \$ 1,874,630â€¢ (1,874,630)Balance at January 1, 2023â€¢ \$ 1,502,235â€¢ \$ (21,447)â€¢ \$ 1,487,752Net incomeâ€¢ â€¢ 424,332â€¢ (424,332)Other comprehensive lossâ€¢ (1,805)â€¢ (1,805)Dividends declared â€¢ â€¢ â€¢ (247,008)â€¢ (247,008)Forfeitures of vested restricted stock awards and exercised stock optionsâ€¢ (5,158)â€¢ (5,158)Compensation relating to restricted stock awardsâ€¢ 768â€¢ 768Compensation relating to restricted stock units awardsâ€¢ 4,688â€¢ 4,688Compensation relating to stock option awardsâ€¢ 456â€¢ 456Repurchase of common stockâ€¢ (13,948)â€¢ (13,948)Balance at September 30, 2023â€¢ \$ 1,489,041â€¢ \$ 155,877â€¢ \$ 1,650,077â€¢ (13,948)â€¢ (13,948)For the three months endedâ€¢ 1,524,400â€¢ \$ 364,452â€¢ \$ (1,416)â€¢ \$ 1,887,436Net incomeâ€¢ â€¢ 91,688Other comprehensive lossâ€¢ (7,807)â€¢ (7,807)Dividends declared â€¢ â€¢ â€¢ (73,790)â€¢ (73,790)Compensation relating to restricted stock units awardsâ€¢ 1,812â€¢ 1,812Repurchase of common stockâ€¢ (25,000)â€¢ (25,000)Balance at September 30, 2024â€¢ \$ 1,501,503â€¢ \$ 382,350â€¢ \$ (9,223)â€¢ \$ 1,874,630â€¢ (1,874,630)Balance at July 1, 2023â€¢ \$ 1,487,151â€¢ \$ 127,368â€¢ \$ 5,755â€¢ \$ 1,620,274Net incomeâ€¢ â€¢ 97,937â€¢ (97,937)Other comprehensive lossâ€¢ (596)â€¢ (596)Dividends declared â€¢ â€¢ â€¢ (69,428)â€¢ (69,428)Forfeitures of vested restricted stock awards and exercised stock optionsâ€¢ (596)â€¢ (596)Compensation relating to restricted stock awardsâ€¢ 277â€¢ 277Compensation relating to restricted stock units awardsâ€¢ 1,645â€¢ 1,645Compensation relating to stock option awardsâ€¢ 117â€¢ 117Balance at September 30, 2023â€¢ \$ 1,489,041â€¢ \$ 155,877â€¢ \$ 1,650,077â€¢ See notes to condensed consolidated financial statements5â€¢ 5â€¢ INTERNATIONAL SEAWAYS, INC.NOTES TO CONDENSED CONSOLIDATED FINANCIAL STATEMENTS(UNAUDITED)â€¢ NoteÂ 1Â â€¢ Basis of Presentation.â€¢ The accompanying unaudited condensed consolidated financial statements include the accounts of International Seaways,Â Inc. (â€¢INSWâ€¢), a Marshall Islands corporation, and its wholly owned subsidiaries. Unless the context indicates otherwise, references to â€¢INSWâ€¢, the â€¢Companyâ€¢, â€¢seasâ€¢ or â€¢ourâ€¢, refer to International Seaways,Â Inc. and its subsidiaries. As of September 30, 2024, the Companyâ™s operating fleet consisted of 76 wholly-owned or lease financed and time chartered-in oceangoing vessels, engaged primarily in the transportation of crude oil and refined petroleum products in the International Flag trade through its wholly owned subsidiaries. In addition to our operating fleet, six LR1 newbuilds are scheduled for delivery to the Company between the second half of 2025 and third quarter of 2026, bringing the total operating and newbuild fleet to 82 vessels. The accompanying unaudited condensed consolidated financial statements have been prepared in accordance with generally accepted accounting principles for interim financial information and with the instructions to FormÂ 10-Q and ArticleÂ 10 of Regulation S-X. They do not include all of the information and notes required by generally accepted accounting principles in the United States. In the opinion of management, all adjustments (consisting of normal recurring accruals) considered necessary for a fair presentation of the results have been included. Operating results for the three and nine months ended September 30, 2024 are not necessarily indicative of the results that may be expected for theÂ year ending DecemberÂ 31, 2024.â€¢ The condensed consolidated balance sheet as of DecemberÂ 31, 2023 has been derived from the audited financial statements at that date but does not include all of the information and notes required by generally accepted accounting principles in the United States for complete financial statements. For further information, refer to the consolidated financial statements and notes thereto included in the Companyâ™s Annual Report on FormÂ 10-K for theÂ year ended DecemberÂ 31, 2023.â€¢ All intercompany balances and transactions within INSW have been eliminated. Investments in 50% or less owned affiliated companies, in which INSW exercises significant influence, are accounted for by the equity method.â€¢ Note 2 â€¢ Significant Accounting Policies.â€¢ For a description of all of the Companyâ™s material accounting policies, see NoteÂ 2, â€¢Summary of Significant Accounting Policies,â€¢ to the Companyâ™s consolidated financial statements as of and for theÂ year ended DecemberÂ 31, 2023 included in the Companyâ™s Annual Report on FormÂ 10-K. The following is a summary of any changes or updates to the Companyâ™s critical accounting policies for the current period.â€¢ Concentration of Credit Risk â€¢ The allowance for credit losses is recognized as an allowance or contra-asset and reflects our best estimate of probable losses inherent in the voyage receivables balance. Activity for allowance for credit losses is summarized as follows:â€¢ (Dollars in thousands)â€¢ Allowance for Credit Losses - Voyage ReceivablesBalance at December 31, 2023â€¢ \$ 191Reversal of expected credit lossesâ€¢ (1)Balance at September 30, 2024â€¢ \$ 190â€¢ During the three and nine months ended September 30, 2024 and 2023, the Company did not have any individual customers who accounted for 10% or more of its revenues apart from the pools in which it participates. The pools in which the Company participates accounted in aggregate for 97% and 95% of consolidated voyage receivables at September 30, 2024 and December 31, 2023, respectively.â€¢ Deferred finance charges â€¢ Finance charges, excluding original issue discount, incurred in the arrangement of new debt and/or amendments resulting in the modification of existing debt are deferred and amortized to interest expense on either an effective interest 6â€¢ INTERNATIONAL SEAWAYS, INC.NOTES TO CONDENSED CONSOLIDATED FINANCIAL STATEMENTS(UNAUDITED)method or straight-line basis over the term of the related debt. Unamortized deferred finance charges of \$11.8 million and \$4.5 million relating to the \$500 Million Revolving Credit Facility and the \$160 Million Revolving Credit Facility (See Note 8, â€¢Debtâ€¢) as of September 30, 2024 and December 31, 2023, respectively, are included in other assets in the accompanying condensed consolidated balance sheets. Unamortized deferred financing charges of \$6.8 million and \$11.3 million as of September 30, 2024 and December 31, 2023, respectively, relating to the Companyâ™s outstanding debt facilities, are included in long-term debt in the consolidated balance sheets.â€¢ Interest expense relating to the amortization of deferred financing charges amounted to \$0.8 million and \$2.5 million for the three and nine months ended September 30, 2024, respectively, and \$1.2 million and \$3.8 million for the three and nine months ended September 30, 2023, respectively.â€¢ Vessels construction in progress â€¢ Interest costs are capitalized to vessels during the period that vessels are under construction. Interest capitalized during the three and nine months ended September 30, 2024 totaled \$0.3 million and \$0.7 million, respectively, and nil and \$2.3 million during the three and nine months ended September 30, 2023, respectively. Construction of the Companyâ™s three dual-fuel LNG VLCCs was completed, and the vessels were delivered to the Company between March 2023 and May 2023. The Company has six LR1 newbuilds under construction that are scheduled for delivery to the Company between the second half of 2025 and third quarter of 2026.â€¢ Recently Issued Accounting Standards â€¢ The Financial Accounting Standards Board (â€¢FASBâ€¢) Accounting Standards Codification is the sole source of authoritative GAAP other than United States Securities and Exchange Commission (â€¢SECâ€¢) issued rules and regulations that apply only to SEC registrants. The FASB issues Accounting Standards Updates (â€¢ASUâ€¢) to communicate changes to the codification.â€¢ In November 2023, the FASB issued ASU No. 2023-07, Improvements to Reportable Segment Disclosures. This guidance is expected to improve financial reporting by providing additional information about a public companyâ™s significant segment expenses and more timely and detailed segment information reporting throughout the fiscal year. This guidance requires annual and interim period disclosure of significant segment expenses that are provided to the chief operating decision maker (â€¢CODMâ€¢) as well as interim disclosures for all reportable segmentsâ™ profit or loss. It also requires disclosure of the title and position of the CODM and an explanation of how the CODM uses the reported measures of segment profit or loss in assessing segment performance and deciding how to allocate resources. The amendments in ASU 2023-07 are effective for all public entities for fiscal years beginning after December 15, 2023, and interim periods within fiscal years beginning after December 15, 2024 and will apply retrospectively to all prior periods presented in the financial statements. We are currently evaluating the impact of the new guidance on the disclosures to our consolidated financial statements. As the guidance requires only additional disclosure, there will be no effects of this standard on our financial position, results of operations or cash flows.â€¢ In November 2024, the FASB issued ASU No. 2024-03, Disaggregation of Income Statement Expenses. This guidance will require additional disclosures and disaggregation of certain costs and expenses presented on the face of the income statement. The amendments are effective for annual reporting periods beginning after December 15, 2026 and interim reporting period beginning after December 15, 2027 with early adoption permitted. We are currently evaluating the impact of this new guidance on the disclosures to our consolidated financial statements.â€¢ NoteÂ 3Â â€¢ Earnings per Common Share:â€¢ Basic earnings per common share is computed by dividing earnings, after the deduction of dividends and undistributed earnings allocated to participating securities, by the weighted average number of common shares outstanding during the period.â€¢ The computation of diluted earnings per share assumes the issuance of common stock for all potentially dilutive stock options and restricted stock units not classified as participating securities. Participating securities are defined by ASC 260, Earnings Per Share, as 7â€¢ INTERNATIONAL SEAWAYS, INC.NOTES TO CONDENSED CONSOLIDATED FINANCIAL STATEMENTS(UNAUDITED)unvested share-based payment awards that contain non-forfeitable rights to dividends or dividend equivalents and are included in the computation of earnings per share pursuant to the two-class method.â€¢ Weighted average shares of unvested restricted common stock considered to be participating securities totaled 20,198 and 23,302 for the three and nine months ended September 30, 2024, respectively, and 29,519 and 38,288 for the three and nine months ended September 30, 2023, respectively. Such participating securities are allocated a portion of income, but not losses under the two-class method. As of September 30, 2024, there were 419,215 shares of restricted stock units and 174,417 stock options outstanding and considered to be potentially dilutive securities.â€¢ Reconciliations of the numerator of the basic and diluted earnings per share computations are as follows:â€¢ Nine Months Ended September 30, (Dollars in thousands)â€¢ 2024â€¢ 2023â€¢ 2024â€¢ 2023Net income allocated to:â€¢ Common Stockholdersâ€¢ \$ 91,650â€¢ \$ 97,878â€¢ \$ 380,730â€¢ \$ 424,011Participating securitiesâ€¢ 38â€¢ 59â€¢ 171â€¢ 321â€¢ \$ 91,688â€¢ \$ 97,937â€¢ \$ 380,901â€¢ \$ 424,332For the three and nine months ended September 30, 2024, 2024 earnings per share calculations, there were 336,905 and 374,871 dilutive equity awards outstanding, respectively. For the three and nine months ended September 30, 2023, 2023 earnings per share calculations, there were 413,666 and 433,924 dilutive equity awards outstanding, respectively. Awards of 593,632 and 579,779 for the three and nine months ended September 30, 2024, respectively, and 774,957 and 804,199 for the three and nine months ended September 30, 2023, respectively, were not included in the computation of diluted earnings per share because inclusion of these awards would be anti-dilutive.â€¢ NoteÂ 4Â â€¢ Business and Segment Reporting:â€¢ The Company has two reportable segments: Crude Tankers and Product Carriers. Adjusted income/(loss) from vessel operations for segment purposes is defined as income/(loss) from vessel operations before general and administrative expenses, other operating expenses, third-party debt modification fees and gain on disposal of vessels and assets, net. The accounting policies followed by the reportable segments are the same as those followed in the preparation of the Companyâ™s condensed consolidated financial statements.â€¢ Information about the Companyâ™s

commissions, expected to be received on non-cancelable time charters for three VLCCs, two Suezmaxes, one Aframax, one LR2, and eight MRs, and the related revenue days as of September 30, 2024 are as follows: \$ 36,528, \$ 1,332,2025, \$ 114,169, \$ 4,112,2026, \$ 79,611, \$ 2,699,2027, \$ 39,433, \$ 1,259,2028, \$ 34,038, \$ 1,098. Thereafter \$ 41,013, \$ 1,323. Future minimum revenues \$ 344,791, \$ 11,823. Future minimum contracted revenues do not include the Company's share of time charters entered into by the pools in which it participates or profit-sharing above the base rate on the newbuild dual-fuel LNG VLCCs. Revenues from a time charter are not generally received when a vessel is off-hire, including time required for normal periodic maintenance of the vessel. In arriving at the minimum future charter revenues, an estimated time off-hire to perform periodic maintenance on each vessel has been deducted, although there is no assurance that such estimate will be reflective of the actual off-hire in the future. Note 14A Other Operating Expenses. Other operating expenses consist of the following expenses: \$ 1,013, \$ 1,323. Settlement of multi-employer pension plan obligations \$ 444, \$ 1,019, \$ 1,019. Legal and consulting fees associated with settlement of pension plan obligations \$ 941, \$ 1,696, \$ 1,696. Total other operating expenses \$ 985, \$ 2,715, \$ 2,715. **INTERNATIONAL SEAWAYS, INC. NOTES TO CONDENSED CONSOLIDATED FINANCIAL STATEMENTS (UNAUDITED)** See Note 15, Pension and Other Postretirement Benefit Plans, for additional information on the Company's defined benefit pension plan obligations. Note 15 Pension and Other Postretirement Benefit Plans. Defined Benefit Pension Plan. In September 2024, the Company contributed \$3.6 million into the OSG Ship Management (UK) Ltd. Retirement Benefits Plan (the Plan) to allow the Trustee of the Plan to purchase a \$21.0 million insurance contract tailored to match the full value of future Plan benefits payable from the Plan. In this arrangement, the Company's pension benefit obligation and related risks and rewards are not transferred to the insurance company, and as a result, the Company continues to be responsible for paying the benefits. However, this arrangement generally constitutes an economic settlement of the liability by eliminating relevant risks associated with changes to the obligation, including investment, interest rate and longevity risk. The contract is accounted for as a plan asset in the accompanying condensed consolidated balance sheet as of September 30, 2024. As this arrangement does not qualify for settlement accounting under ASC 715, Compensation Retirement Benefits, the corresponding obligation is netted against the plan asset in the accompanying condensed consolidated balance sheet at an equal amount. The Company expects the benefits due to the participants under the Plan to be transferred to the insurance company at the completion of their standard review of the Plan's underlying data with minimal or no additional cost to the Company. At such time, the Company believes the arrangement will qualify for the settlement accounting. Multi-Employer Plans. The Merchant Navy Officers Pension Fund (MNOF) is a multi-employer defined benefit pension plan covering British crew members that served as officers on board INSW's vessels (as well as vessels of other owners). The Trustees of the MNOF have indicated that, under the terms of the High Court ruling in 2005, which established the liability of past employers to fund the deficit on the Post 1978 section of MNOF, calls for further contributions may be required if additional actuarial deficits arise or if other employers liable for contributions are not able to pay their share in the future. On July 11, 2024, the Company and the Trustees of the MNOF entered into an agreement pursuant to which the Company paid \$0.1 million and the Trustees of the MNOF agreed not to seek any future contributions from the Company. The Merchant Navy Ratings Pension Fund (MNRPF) is a multi-employer defined benefit pension plan covering British crew members that served as ratings (seamen) on board INSW's vessels (as well as vessels of other owners) more than 20 years ago. Based on a High Court ruling in 2015, the Trustees of the MNRPF levied assessments to recover the significant deficit in the plan from participating employers. Participating employers include current employers, historic employers that have made voluntary contributions, and historic employers such as INSW that have made no deficit contributions. In September 2024, the Company entered into an agreement with the Trustees of the MNRPF to release the Company from any future obligation to fund deficits in the plan in exchange for the Company's payment of \$0.8 million. The Company also made payments totaling \$0.1 million to reimburse the Trustees of the MNOF and MNRPF for costs incurred in connection with the agreements entered into with the Company. Note 16 Contingencies. INSW's policy for recording legal costs related to contingencies is to expense such legal costs as incurred. Legal Proceedings Arising in the Ordinary Course of Business. The Company is a party, as plaintiff or defendant, to various suits in the ordinary course of business for monetary relief arising principally from personal injuries, wrongful death, collision or other casualty and to claims arising under charter parties and other contract disputes. A substantial majority of such personal injury, wrongful death, collision or other casualty claims against the Company are covered by insurance (subject to deductibles not material in amount). Each of the claims involves an amount which, in the opinion of management, should not be material to the Company's financial position, results of operations and cash flows. In late July 2023, one of the Company's vessels was arrested in connection with a commercial dispute arising earlier in 2023. Although the vessel was subsequently released, the arresting parties continue to seek approximately \$25 million in security. The underlying commercial dispute is in arbitration in England. The Company is defending itself vigorously against the arrest and the allegations in the underlying dispute. The Company is currently unable to predict the outcome of this matter, and no estimate of liability has been accrued at this time. **INTERNATIONAL SEAWAYS, INC. ITEM 2. MANAGEMENT'S DISCUSSION AND ANALYSIS OF FINANCIAL CONDITION AND RESULTS OF OPERATIONS FORWARD-LOOKING STATEMENTS** This Quarterly Report on Form 10-Q contains forward-looking statements. Such forward-looking statements represent the Company's reasonable expectation with respect to future events or circumstances based on various factors and are subject to various risks and uncertainties and assumptions relating to the Company's operations, financial results, financial condition, business, prospects, growth strategy and liquidity. Accordingly, there are or will be important factors, many of which are beyond the control of the Company, that could cause the Company's actual results to differ materially from those indicated in these statements. Undue reliance should not be placed on any forward-looking statements and consideration should be given to the following factors when reviewing any such statement. Such factors include, but are not limited to: the highly cyclical nature of INSW's industry; fluctuations in the market value of vessels; declines in charter rates, including spot charter rates or other market deterioration; an increase in the supply of vessels without a commensurate increase in demand; the impact of adverse weather and natural disasters, including the continuing drought in Panama, reducing water levels in the Panama Canal and thereby decreasing the daily number of vessels permitted to transit the canal, resulting in delays crossing the canal or extending their voyages by going around Cape Horn; the adequacy of INSW's insurance to cover its losses, including in connection with maritime accidents or spill events; constraints on capital availability; changing economic, political and governmental conditions in the United States and/or abroad and general conditions in the oil and natural gas industry; the impact of changes in fuel prices; acts of piracy on ocean-going vessels; terrorist attacks and international hostilities and instability, including attacks against merchant vessels in the Red Sea and the Gulf of Aden by Iran-backed Houthi militants based in Yemen; the war between Russia and Ukraine could adversely affect INSW's business; the impact of public health threats and outbreaks of other highly communicable diseases, including COVID-19; the effect of the Company's indebtedness on its ability to finance operations, pursue desirable business opportunities and successfully run its business in the future; an event occurs that causes the rights issued under the A&R Rights Agreement adopted by the Company on April 11, 2023 to become exercisable; the Company's ability to generate sufficient cash to service its indebtedness and to comply with debt covenants; the Company's ability to make capital expenditures to expand the number of vessels in its fleet, and to maintain all of its vessels and to comply with existing and new regulatory standards; the availability and cost of third-party service providers for technical and commercial management of the Company's fleet; the Company's ability to renew its time charters when they expire or to enter into new time charters; termination or change in the nature of the Company's relationship with any of the commercial pools in which it participates and the ability of such commercial pools to pursue a profitable chartering strategy; competition within the Company's industry and INSW's ability to compete effectively for charters with companies with greater resources; the loss of a large customer or significant business relationship; the Company's ability to realize benefits from its past acquisitions or acquisitions or other strategic transactions it may make in the future; increasing operating costs and capital expenses as the Company's vessels age, including increases due to limited shipbuilder warranties or the consolidation of suppliers; the Company's ability to replace its operating leases on favorable terms, or at all; changes in credit risk with respect to the Company's counterparties on contracts; the failure of contract counterparties to meet their obligations; the Company's ability to attract, retain and motivate key employees; work stoppages or other labor disruptions by employees of INSW or other companies in related industries; unexpected drydock costs; the potential for technological innovation to reduce the value of the Company's vessels and charter income derived therefrom; the impact of an interruption in or failure of the Company's information technology and communication systems upon the Company's ability to operate; seasonal variations in INSW's revenues; government requisition of the Company's vessels during a period of war or emergency; the Company's compliance with complex laws, regulations and in particular, environmental laws and regulations, including those relating to ballast water treatment and the emission of greenhouse gases and air contaminants, including from marine engines; legal, regulatory or market measures to address climate change, including proposals to restrict emissions of greenhouse gases (GHGs) and other sustainability initiatives, could have an adverse impact on the Company's business and results of operations; increasing scrutiny and changing expectations from investors, lenders, and other market participants with respect to our Environmental, Social and Governance policies; any non-compliance with the U.S. Foreign Corrupt Practices Act of 1977 or other applicable regulations relating to bribery or corruption; the impact of litigation, government inquiries and investigations; governmental claims against the Company; the arrest of INSW's vessels by maritime claimants; changes in laws, including governing tax laws, treaties or regulations, including those relating to environmental and security matters; changes in worldwide trading conditions, including the impact of tariffs, trade sanctions, boycotts and other restrictions on trade; and pending and future tax law changes may result in significant additional taxes to INSW. The Company assumes no obligation to update or revise any forward-looking statements. Forward-looking statements in this Quarterly Report on Form 10-Q and written and oral forward-looking statements attributable to the Company or its representatives after the date of this Quarterly Report on Form 10-Q are qualified in their entirety by the cautionary statement contained in this paragraph and in other reports hereafter filed by the Company with the Securities and Exchange Commission. **INTRODUCTION** This Management's Discussion and Analysis, which should be read in conjunction with our accompanying condensed consolidated financial statements and notes thereto, provides a discussion and analysis of our business, current developments, financial condition, cash flows and results of operations as of September 30, 2024 and for the three and nine months ended September 30, 2024 and 2023. It is organized as follows: General. This section provides a general description of our business, which we believe is important in understanding the results of our operations, financial condition and potential future trends. Operations & Oil Tanker Markets. This section provides an overview of industry operations and dynamics that have an impact on the Company's financial position and results of operations. **Critical Accounting Estimates and Policies** This section identifies any updates to those accounting policies that are considered important to our results of operations and financial condition, require significant judgment and involve significant management estimates. **Results from Vessel Operations** This section provides an analysis of our results of operations presented on a business segment basis. In addition, a brief description of significant transactions and other items that affect the comparability of the results is provided, if applicable. **Liquidity and Sources of Capital** This section provides an analysis of our cash flows, outstanding debt and commitments. Included in the analysis of our outstanding debt is a discussion of the amount of financial capacity available to fund our ongoing operations and future commitments as well as a discussion of the Company's planned and/or already executed capital allocation activities. **Risk Management** This section provides a general overview of how the interest rate, currency and fuel price volatility risks are managed by the Company. **Industry Data and Forecasts** This Quarterly Report on Form 10-Q includes industry data and forecasts that we have prepared based, in part, on information obtained from industry publications and surveys. Third-party industry publications, surveys and forecasts generally state that the information contained therein has been obtained from sources believed to be reliable. In addition, certain statements regarding our market position in this report are based on information derived from internal market studies and research reports. Unless we state otherwise, statements about the Company's relative competitive position in this report are based on our management's beliefs, internal studies and management's knowledge of industry trends. **General** We are a provider of ocean transportation services for crude oil and refined petroleum products. We operate our vessels in the International Flag market. Our business includes two reportable segments: Crude Tankers and Product Carriers. For the three and nine months ended September 30, 2024 we derived 55% and 54%, respectively, of our TCE revenues from our Product Carriers segment compared with 53% and 52% for the three and nine months ended September 30, 2023, respectively. Revenues from our Crude Tankers segment constituted the balance of our TCE revenues in the 2024 and 2023 periods. As of September 30, 2024, the Company's operating fleet consisted of 76 wholly-owned or lease financed and time chartered-in vessels aggregating 9.0 million deadweight tons (dwt). In addition to our operating fleet of 76 vessels, six LR1 newbuilds are scheduled for delivery to the Company between the second half of 2025 and third quarter of 2026, bringing the total operating and newbuild fleet to 82 vessels. Our fleet includes VLCC, Suezmax and Aframax crude tankers and LR2, LR1 and MR product carriers. The Company's revenues are highly sensitive to patterns of supply and demand for vessels of the size and design configurations owned and operated by the Company and the trades in which those vessels operate. Rates for the transportation of crude oil and refined petroleum products from which the Company

earns a substantial majority of its revenues are determined by market forces such as the supply and demand for oil, the distance that cargoes must be transported, and the number of vessels expected to be available at the time such cargoes need to be transported. The demand for oil shipments is significantly affected by the state of the global economy, levels of U.S. domestic and international production and OPEC exports. The number of vessels available to transport cargo is affected by newbuilding deliveries and by the removal of existing vessels from service, principally through storage, recycling or conversions. The Company's revenues are also affected by its vessel employment strategy, which seeks to achieve the optimal mix of spot (voyage charter) and long-term (time or bareboat charter) charters. Because shipping revenues and voyage expenses are significantly affected by the mix between voyage charters and time charters, the Company measures the performance of its fleet of vessels based on TCE revenues. Management makes economic decisions based on anticipated TCE rates and evaluates financial performance based on TCE rates achieved. In order to take advantage of market conditions and optimize economic performance, management employs all of the Company's LR1 product carriers, which currently participate in the Panamax International Pool, in the transportation of crude oil cargoes.²⁹INTERNATIONAL SEAWAYS, INC. Our revenues are derived primarily from spot market voyage charters and our vessels are predominantly employed in the spot market via market-leading commercial pools. We derived approximately 84% and 87% of our total TCE revenues in the spot market for the three and nine months ended September 30, 2024, respectively, compared with 89% and 92% for the three and nine months ended September 30, 2023, respectively. The future minimum revenues, before reduction for brokerage commissions, expected to be received on non-cancellable time charters for three VLCCs, two Suezmaxes, one Aframax, one LR2, and eight MRs, as of September 30, 2024 are as follows:³⁰INTERNATIONAL SEAWAYS, INC.³¹Amount(1)2024³²\$ 36,52025³³\$ 114,22026³⁴\$ 79,62027³⁵\$ 39,42028³⁶\$ 34.0³⁷Thereafter³⁸\$ 41.0 Future minimum revenues³⁹\$ 344.8⁴⁰(1) Future minimum contracted revenues do not include the Company's share of time charters entered into by the pools in which it participates or profit-sharing above the base rate on the newbuild dual-fuel LNG VLCCs. In arriving at the minimum future charter revenues, an estimated time off-hire to perform periodic maintenance on each vessel has been deducted, although there is no assurance that such estimate will be reflective of the actual off-hire in the future.⁴¹INTERNATIONAL SEAWAYS, INC.⁴²Operations and Oil Tanker Markets: The International Energy Agency (IEA) estimates global oil consumption for the third quarter of 2024 at 103.6 million barrels per day (mb/d), up 0.7% from the same quarter in 2023. The estimate for global oil consumption for 2024 is 102.8 million b/d, an increase of 0.8% over the 2023 estimate of 102.0 million b/d. OECD demand in 2024 is estimated to remain unchanged at 45.6 million b/d, while non-OECD demand is estimated to increase by 1.6% to 57.2 million b/d.⁴³Global oil production in the third quarter of 2024 was 102.6 million b/d, a decrease of 0.1 million b/d from the third quarter of 2023. OPEC crude oil production averaged 26.5 million b/d in the third quarter of 2024, down 0.1 million b/d from the second quarter of 2024, and a decrease of 1.0 million b/d from the third quarter of 2023. Non-OPEC production increased by 0.8 million b/d to 70.5 million b/d in the third quarter of 2024 compared with the third quarter of 2023. Oil production in the U.S. of 13.2 million b/d in the third quarter of 2024 remained unchanged from the second quarter of 2024 and increased by 2.1% from the third quarter of 2023.⁴⁴U.S. refinery throughput increased by 0.5 million b/d to 16.9 million b/d in the third quarter of 2024 compared with the second quarter of 2024. U.S. crude oil imports in the third quarter of 2024 increased by 0.8 million b/d to 7.1 million b/d compared with the third quarter of 2023, with imports from OPEC countries increasing by 0.1 million b/d and imports from non-OPEC countries increasing by 0.7 million b/d.⁴⁵China's crude oil imports for the first three quarters of 2024 decreased 2.8%, or 0.3 million b/d, to 11.0 million b/d, compared with the same period in 2023.⁴⁶Total OECD commercial inventories ended the third quarter of 2024 down 1.3% or 18 million barrels of crude and up 1.5% or 23 million barrels of products, compared with the third quarter of 2023.⁴⁷During the third quarter of 2024, the tanker fleet of vessels over 10,000 dwt increased, net of vessels recycled, by 1.5 million dwt as the crude fleet increased by 0.8 million dwt, split between Suezmaxes and Aframaxes. The product carrier fleet increased by 0.6 million dwt, all in the MR fleet. Year-over-year, the size of the tanker fleet increased by 5.5 million dwt with the VLCCs, Suezmaxes, Aframaxes, and MRs increasing by 0.6 million dwt, 0.3 million dwt, 2.3 million dwt, and 2.3 million dwt, respectively. The LR1/Panamax fleet remained unchanged.⁴⁸During the third quarter of 2024, the tanker orderbook increased by 3.0 million dwt overall compared with the second quarter of 2024. The crude tanker orderbook increased by 1.9 million dwt. The VLCC orderbook increased by 1.5 million dwt and the Aframax orderbook increased by 0.3 million dwt. The product carrier orderbook increased by 1.1 million dwt, with increases in the LR1 and MR sectors of 0.3 million dwt and 0.8 million dwt respectively. Year-over-year, the total tanker orderbook increased by 44.8 million dwt, with increases in VLCC, Suezmaxes, Aframaxes, Panamaxes and LR1s of 15.2 million dwt, 7.9 million dwt, 9.1 million dwt, 2.7 million dwt and 10.0 million dwt, respectively.⁴⁹While VLCC rates held steady during the third quarter, smaller vessel segments experienced decreases from the higher levels achieved during the first and second quarters of 2024. The weaker Chinese economy remains an impediment to stronger rates. Even so, rates remain significantly over 10-year average rates and cash breakeven levels, reflecting the continuing impact of the disruptions in trade flows on tanker demand.⁵⁰Update on Critical Accounting Estimates and Policies: The Company's consolidated financial statements are prepared in accordance with accounting principles generally accepted in the United States, which require the Company to make estimates in the application of its accounting policies based on the best assumptions, judgments and opinions of management. For a description of all of the Company's material accounting policies, see Note 3, Summary of Significant Accounting Policies, to the Company's consolidated financial statements as of and for the year ended December 31, 2023 included in the Company's Annual Report on Form 10-K. See Note 2, Significant Accounting Policies, to 31INTERNATIONAL SEAWAYS, INC. the accompanying condensed consolidated financial statements for any changes or updates to the Company's critical accounting policies for the current period.⁵¹Results from Vessel Operations: During the third quarter of 2024, income from vessel operations decreased by \$13.2 million to \$101.0 million from \$114.2 million in the third quarter of 2023. Such decrease resulted principally from a quarter-over-quarter decrease in TCE revenues and increased vessel expenses and depreciation and amortization in the current quarter, partially offset by a \$13.5 million gain on the sale of a vessel recognized in the current quarter. TCE revenues in the third quarter of 2024 decreased by \$16.3 million, or 7%, to \$219.7 million from \$236.0 million in the third quarter of 2023. This decrease reflects (i) an aggregate \$17.6 million rates-based decline resulting from lower average daily rates earned in each of INSW's Crude tanker fleet sectors and the LR1 fleet, (ii) a \$9.5 million days-based decline in the LR1 fleet due to a smaller time chartered-in portfolio and 41 more off-hire days during the current quarter, partially offset by (iii) a \$6.0 million aggregate rates-based increase in the MR and LR2 sectors, and (iv) a \$1.2 million increase attributable to the Company's Lightering business.⁵²During the first nine months of 2024, income from vessel operations decreased by \$58.0 million to \$410.2 million from \$468.1 million in the first nine months of 2023. Such decrease resulted principally from a \$65.1 million decrease in TCE revenues and increased depreciation and amortization and vessel expenses in the current period, partially offset by higher gains on the sale of three vessels recognized in the first nine months of 2024 compared to one vessel sold in the first nine months of 2023.⁵³The decrease in TCE revenues in the first nine months of 2024 of \$65.1 million, or 8%, to \$742.5 million from \$807.6 million in the first nine months of 2023 reflects (i) a \$41.2 million days-based decline in the LR1 sector, which was driven by factors similar to those discussed above for the quarter-over-quarter period, and (ii) a net rates-based decrease of \$36.3 million resulting from lower average daily rates in the Crude tanker and LR1 fleets, partially offset by strengthened rates in the MR and LR2 sectors. Such decreases were partially offset by (iii) a \$11.5 million days-based increase in the VLCC fleet resulting from the delivery of three dual-fuel LNG VLCC newbuilds between March 2023 and May 2023.⁵⁴See Note 4, Business and Segment Reporting, to the accompanying condensed consolidated financial statements for additional information on the Company's segments, including reconciliations of (i) time charter equivalent revenues to shipping revenues and (ii) adjusted income from vessel operations for the segments to income before income taxes, as reported in the condensed consolidated statements of operations.⁵⁵32INTERNATIONAL SEAWAYS, INC. Crude Tankers⁵⁶Three Months Ended September 30, ⁵⁷Nine Months Ended September 30, (Dollars in thousands, except daily rate amounts)⁵⁸2024⁵⁹\$ 2023⁶⁰\$ 2023⁶¹\$ 2023⁶²TCE revenues⁶³\$ 98,821⁶⁴\$ 110,766⁶⁵\$ 343,639⁶⁶\$ 388,963⁶⁷Vessel expenses⁶⁸\$ 34,218⁶⁹\$ 29,111⁷⁰\$ 29,111⁷¹Charter hire expenses⁷²\$ 4,411⁷³\$ 2,690⁷⁴\$ 11,728⁷⁵\$ 9,239⁷⁶Depreciation and amortization⁷⁷\$ 20,039⁷⁸\$ 20,039⁷⁹\$ 20,039⁸⁰\$ 60,571⁸¹\$ 56,583⁸²Adjusted income from vessel operations⁸³\$ 39,656⁸⁴\$ 58,926⁸⁵\$ 176,696⁸⁶\$ 239,985⁸⁷Average daily TCE⁸⁸\$ 36,587⁸⁹\$ 41,470⁹⁰\$ 43,350⁹¹\$ 50,699⁹²Average number of owned vessels⁹³(b)⁹⁴\$ 21.0⁹⁵\$ 21.0⁹⁶\$ 21.0⁹⁷\$ 19.7⁹⁸Average number of vessels chartered-in⁹⁹\$ 9.2¹⁰⁰\$ 9.1¹⁰¹\$ 9.2¹⁰²\$ 9.3¹⁰³Number of revenue days¹⁰⁴(c)¹⁰⁵\$ 2,701¹⁰⁶\$ 2,671¹⁰⁷\$ 1,927¹⁰⁸\$ 7,672¹⁰⁹Number of ship-operating days¹¹⁰¹¹¹Owned vessels¹¹²\$ 1,932¹¹³\$ 1,930¹¹⁴\$ 5,754¹¹⁵\$ 5,368¹¹⁶Vessels bareboat chartered-in under leases¹¹⁷\$ 828¹¹⁸\$ 830¹¹⁹\$ 2,466¹²⁰\$ 2,509¹²¹Vessels spot chartered-in under leases¹²²\$ 184¹²³\$ 188¹²⁴\$ 44¹²⁵\$ 49¹²⁶\$ 19¹²⁷Adjusted income from vessel operations by segment is before general and administrative expenses, other operating expenses, third-party debt modification fees and gain on disposal of vessels and other property, net.¹²⁸(b)The average is calculated to reflect the addition and disposal of vessels during the period.¹²⁹Revenue days represent ship-operating days less¹³⁰days that vessels were not available for employment due to repairs, drydock or lay-up. Revenue days are weighted to reflect the Company's interest in chartered-in vessels.¹³¹Ship-operating days represent calendar days.¹³²Represents VLCCs and Aframaxes that secured lease financing arrangements during the periods presented. Between March and July 2023 the Company purchased the three remaining Aframaxes that it had been bareboat chartering-in under the purchase options contained in such charters, and accordingly, such vessels are not included in this category for the 2024 periods.¹³³Represents vessels spot chartered-in by the Company's Crude Tankers Lightering business for full service lightering jobs.¹³⁴33INTERNATIONAL SEAWAYS, INC. The following tables provide a breakdown of TCE rates achieved for the three and nine months ended September 30, 2024 and 2023, between spot and fixed earnings and the related revenue days. The information in this table is based, in part, on information provided by the commercial pools in which the segment's vessels participate and excludes commercial pool fees/commissions averaging approximately \$1,132 and \$1,022 per day for the three months ended September 30, 2024 and 2023, respectively, and \$1,055 and \$992 per day for the nine months ended September 30, 2024 and 2023, respectively, as well as activity in the Crude Tankers Lightering business and revenue and revenue days for which recoveries were recorded by the Company under its loss of hire insurance policies. The fixed earnings rates in the table are net of broker/address commissions.¹³⁵Spot¹³⁶2024¹³⁷2023¹³⁸Spot¹³⁹Earnings¹⁴⁰Fixed Earnings¹⁴¹Spot Earnings¹⁴²Fixed Earnings¹⁴³Three Months Ended September 30,¹⁴⁴\$ 29,711¹⁴⁵\$ 31,903¹⁴⁶\$ 40,961¹⁴⁷\$ 35,319¹⁴⁸Revenue days¹⁴⁹\$ 881¹⁵⁰\$ 276¹⁵¹\$ 870¹⁵²\$ 297¹⁵³Suezmax¹⁵⁴\$ 44¹⁵⁵\$ 44¹⁵⁶Average rate¹⁵⁷\$ 38,044¹⁵⁸\$ 30,979¹⁵⁹\$ 38,708¹⁶⁰\$ 30,973¹⁶¹Revenue days¹⁶²\$ 1,014¹⁶³\$ 183¹⁶⁴\$ 1,012¹⁶⁵\$ 184¹⁶⁶Aframax¹⁶⁷\$ 1,012¹⁶⁸\$ 184¹⁶⁹Aframax¹⁷⁰\$ 1,012¹⁷¹\$ 184¹⁷²Average rate¹⁷³\$ 25,119¹⁷⁴\$ 38,574¹⁷⁵\$ 34,046¹⁷⁶\$ 38,652¹⁷⁷Revenue days¹⁷⁸\$ 186¹⁷⁹\$ 91¹⁸⁰\$ 232¹⁸¹\$ 73¹⁸²\$ 73¹⁸³\$ 73¹⁸⁴\$ 73¹⁸⁵\$ 73¹⁸⁶\$ 73¹⁸⁷Average rate¹⁸⁸\$ 40,111¹⁸⁹\$ 36,702¹⁹⁰\$ 46,342¹⁹¹\$ 40,597¹⁹²Revenue days¹⁹³\$ 2,572¹⁹⁴\$ 822¹⁹⁵\$ 2,431¹⁹⁶\$ 703¹⁹⁷Suezmax¹⁹⁸\$ 44¹⁹⁹\$ 44²⁰⁰Average rate²⁰¹\$ 42,564²⁰²\$ 31,003²⁰³\$ 52,627²⁰⁴\$ 31,093²⁰⁵Revenue days²⁰⁶\$ 3,013²⁰⁷\$ 548²⁰⁸\$ 2,996²⁰⁹\$ 496²¹⁰Aframax²¹¹\$ 496²¹²\$ 496²¹³Average rate²¹⁴\$ 32,997²¹⁵\$ 38,524²¹⁶\$ 47,640²¹⁷\$ 38,652²¹⁸Revenue days²¹⁹\$ 597²²⁰\$ 273²²¹\$ 926²²²\$ 48²²³\$ 73²²⁴During the three and nine months ended September 30, 2024, one Aframax was employed on a transitional voyage in the spot market outside of its ordinary course operations in the Aframax International pool. Additionally, during the nine months ended September 30, 2023, one Aframax was employed on a transitional voyage outside of the Dakota Tankers²²⁵Aframax Pool. Such transitional voyages are excluded from the table above.²²⁶During the third quarter of 2024, TCE revenues for the Crude Tankers segment decreased by \$11.9 million, or 11%, to \$98.8 million from \$110.8 million in the third quarter of 2023. Such decrease principally resulted from (i) an aggregate rates-based decrease in the VLCC, Suezmax and Aframax fleets of \$13.6 million due to lower average daily blended rates in these sectors. This decrease was partially offset by (ii) a \$1.2 million increase in the Crude Tankers Lightering business, and (iii) a \$0.9 million days-based increase in the Aframax fleet, which reflected 25 fewer off-hire days in the current quarter.²²⁷Vessel expenses increased by \$5.1 million to \$34.2 million in the third quarter of 2024 from \$29.1 million in the third quarter of 2023. Such increase primarily reflects increased costs for repairs and renewals, off-hire fuel, transportation and crew. Charter hire expenses increased by \$1.7 million quarter-over-quarter due to increased charter hire expense in the Crude Tankers Lightering business, which primarily reflects incremental chartered-in Aframax days for full-service jobs.²²⁸Excluding depreciation and amortization and general and administrative expenses, operating income for the Crude Tankers Lightering business was \$5.5 million for the third quarter of 2024 compared with \$6.5 million for the third quarter of 2023. The decrease reflects lower service support only activity levels period-over-period, with 106 service support only lightering being performed during the 34INTERNATIONAL SEAWAYS, INC.three months ended September 30, 2024 compared to 114 in the prior year²²⁹period. The decrease was partially offset by an increase in full service jobs, from one in the three months ended September 30, 2023, to three in the current quarter.²³⁰During the first nine months of 2024, TCE revenues for the Crude Tankers segment decreased by \$45.3 million, or 12%, to \$343.6 million from \$389.0 million in the first nine months of 2023. Such decrease principally resulted from (i) an aggregate rates-based decrease in the VLCC, Suezmax and Aframax fleets of \$62.3 million due to lower average daily blended rates in these sectors and (ii) a \$4.7 million days-based decline in the Aframax fleet, which reflected 107 more off-hire days in the current period. These decreases were offset by (iii) a \$11.5 million days-based increase in the VLCC fleet, which reflected the delivery of three dual-fuel LNG VLCC newbuilds during the first half of 2023, partially offset by 66 more off-hire days in the current period, (iv) a \$6.9 million increase in the

contained on that site, or connected to that site, is incorporated by reference into this Quarterly Report on Form 10-Q. 4. INTERNATIONAL SEAWAYS, INC. ITEM 4. CONTROLS AND PROCEDURES Disclosure Controls and Procedures. As of the end of the period covered by this Quarterly Report on Form 10-Q, an evaluation was performed under the supervision and with the participation of the Company's management, including the Chief Executive Officer (the "CEO") and Chief Financial Officer (the "CFO"), of the effectiveness of the design and operation of the Company's disclosure controls and procedures as defined in Rules 13a-15(e) and 15d-15(e) under the Exchange Act. Based on that evaluation, the Company's management, including the CEO and CFO, concluded that the Company's current disclosure controls and procedures were effective as of September 30, 2024 to ensure that information required to be disclosed by the Company in the reports the Company files or submits under the Exchange Act is (i) recorded, processed, summarized and reported, within the time periods specified in the Securities and Exchange Commission's rules and forms and (ii) accumulated and communicated to the Company's management, including the CEO and CFO, as appropriate to allow timely decisions regarding required disclosure. Changes in Internal Control over Financial Reporting. There was no change in the Company's internal control over financial reporting during the three months ended September 30, 2024 that has materially affected, or is reasonably likely to materially affect, the Company's internal control over financial reporting. 4. PART II OTHER INFORMATION Item 1. A. Risk Factors You should carefully consider the factors discussed in Part I, Item 1A, "Risk Factors" in our 2023 Form 10-K. The risks described in that document are not the only risks facing us. Additional risks and uncertainties not currently known to us or that we currently deem to be immaterial also may materially adversely affect our business, financial condition and/or operating results. Item 2. A. Unregistered Sales of Equity Securities and Use of Proceeds. The following table summarizes the activity related to repurchases of our equity securities during the three months ended September 30, 2024: Total Number of Shares Purchased as Part of Publicly Announced Program. Approximate Dollar Value of Shares that May Yet Be Purchased Under the Program (in Millions) July 2024. Total Number of Shares Purchased as of August 2024. Total Number of Shares Purchased as of September 2024. As of September 30, 2024, the maximum number of shares that may still be purchased under the program is 485,165 shares, which was determined by dividing the remaining buyback authorization by the September 30, 2024 closing price of the Company's common stock. Future buybacks under the stock repurchase program will be at the discretion of our Board of Directors and subject to limitations under the Company's debt facilities. 4. INTERNATIONAL SEAWAYS, INC. See Note 10, "Capital Stock and Stock Compensation" to the accompanying condensed consolidated financial statements for additional information about the stock repurchase plan and a description of shares withheld to cover the cost of stock options exercised by certain members of management and tax withholding liabilities relating to the vesting of previously-granted equity awards to certain members of management, which is incorporated by reference in this Part II, Item 2. Item 4. A. Mine Safety Disclosures. Not applicable. Item 5. A. Other Information. Insider Trading Arrangements and Policies. During the third quarter of 2024, none of our directors or executive officers adopted Rule 10b5-1 trading plans and none of our directors or executive officers terminated a Rule 10b5-1 trading plan or adopted or terminated a non-Rule 10b5-1 trading arrangement (as defined in Item 408(c) of Regulation S-K). Item 6. A. Exhibits. *31.1 Certification of Chief Executive Officer pursuant to Rule 13a-14(a) and 15d-14(a), as amended. *31.2 Certification of Chief Financial Officer pursuant to Rule 13a-14(a) and 15d-14(a), as amended. *32a. Certification of Chief Executive Officer and Chief Financial Officer pursuant to 18 U.S.C. Section 1350, as adopted pursuant to Section 906 of the Sarbanes-Oxley Act of 2002. Item 1. CAL. **Inline XBRL Instance Document**. EX-101.INS. **Inline XBRL Instance Document**. EX-101.1.SCH. **Inline XBRL Taxonomy Extension Schema**. EX-101.CAL. **Inline XBRL Taxonomy Extension Calculation Linkbase**. EX-101.DEF. **Inline XBRL Taxonomy Extension Definition Linkbase**. EX-101.LAB. **Inline XBRL Taxonomy Extension Label Linkbase**. EX-101.PRE. **Inline XBRL Taxonomy Extension Presentation Linkbase**. EX-104. **Cover Page Interactive Data File** (formatted as inline XBRL and contained in Exhibit 101). (1) The Exhibits which have not previously been filed or listed are marked with an asterisk (*). 4. INTERNATIONAL SEAWAYS, INC. SIGNATURES. Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized. Date: November 7, 2024/s/ Jeffrey D. Pribor. Jeffrey D. Pribor, Chief Financial Officer. 46. Exhibit 31.1 CERTIFICATION OF CHIEF EXECUTIVE OFFICER PURSUANT TO RULE 13a-14(a) AND 15d-14(a), AS AMENDED. I, Jeffrey D. Pribor, certify that: 1. I have reviewed this quarterly report on Form 10-Q of International Seaways, Inc. 2. Based on my knowledge, this report does not contain any untrue statement of a material fact or omit to state a material fact necessary to make the statements made, in light of the circumstances under which such statements were made, not misleading with respect to the period covered by this report; 3. Based on my knowledge, the financial statements, and other financial information included in this report, fairly present in all material respects the financial condition, results of operations and cash flows of the Registrant as of, and for, the periods presented in this report; 4. The Registrant's other certifying officer and I are responsible for establishing and maintaining disclosure controls and procedures (as defined in Exchange Act Rules 13a-15(e) and 15d-15(e)) for the Registrant and have: a. Designed such disclosure controls and procedures, or caused such disclosure controls and procedures to be designed under our supervision, to ensure that material information relating to the Registrant, including its consolidated subsidiaries, is made known to us by others within those entities, particularly during the period in which this report is being prepared; b. Designed such internal control over financial reporting, or caused such internal control over financial reporting to be designed under our supervision, to provide reasonable assurance regarding the reliability of financial reporting and the preparation of financial statements for external purposes in accordance with generally accepted accounting principles; c. Evaluated the effectiveness of the Registrant's disclosure controls and procedures and presented in this report our conclusions about the effectiveness of the disclosure controls and procedures, as of the end of the period covered by this report based on such evaluation; and d. Disclosed in this report any change in the Registrant's internal control over financial reporting that occurred during the Registrant's most recent fiscal quarter that has materially affected, or is reasonably likely to materially affect, the Registrant's internal control over financial reporting; and 5. The Registrant's other certifying officer and I have disclosed, based on our most recent evaluation of internal control over financial reporting, to the Registrant's auditors and the audit committee of Registrant's board of directors (or persons performing the equivalent functions): a. All significant deficiencies and material weaknesses in the design or operation of internal control over financial reporting which are reasonably likely to adversely affect the Registrant's ability to record, process, summarize and report financial information; and b. Any fraud, whether or not material, that involves management or other employees who have a significant role in the Registrant's internal control over financial reporting. Date: November 7, 2024/s/ Lois K. Zabrocky. Lois K. Zabrocky, Chief Executive Officer. Exhibit 31.2 CERTIFICATION OF CHIEF FINANCIAL OFFICER PURSUANT TO RULE 13a-14(a) AND 15d-14(a), AS AMENDED. I, Jeffrey D. Pribor, certify that: 1. I have reviewed this quarterly report on Form 10-Q of International Seaways, Inc. 2. Based on my knowledge, this report does not contain any untrue statement of a material fact or omit to state a material fact necessary to make the statements made, in light of the circumstances under which such statements were made, not misleading with respect to the period covered by this report; 3. Based on my knowledge, the financial statements, and other financial information included in this report, fairly present in all material respects the financial condition, results of operations and cash flows of the Registrant as of, and for, the periods presented in this report; 4. The Registrant's other certifying officer and I are responsible for establishing and maintaining disclosure controls and procedures (as defined in Exchange Act Rules 13a-15(e) and 15d-15(e)) for the Registrant and have: a. Designed such disclosure controls and procedures, or caused such disclosure controls and procedures to be designed under our supervision, to ensure that material information relating to the Registrant, including its consolidated subsidiaries, is made known to us by others within those entities, particularly during the period in which this report is being prepared; b. Designed such internal control over financial reporting, or caused such internal control over financial reporting to be designed under our supervision, to provide reasonable assurance regarding the reliability of financial reporting and the preparation of financial statements for external purposes in accordance with generally accepted accounting principles; c. Evaluated the effectiveness of the Registrant's disclosure controls and procedures and presented in this report our conclusions about the effectiveness of the disclosure controls and procedures, as of the end of the period covered by this report based on such evaluation; and d. Disclosed in this report any change in the Registrant's internal control over financial reporting that occurred during the Registrant's most recent fiscal quarter that has materially affected, or is reasonably likely to materially affect, the Registrant's internal control over financial reporting; and 5. The Registrant's other certifying officer and I have disclosed, based on our most recent evaluation of internal control over financial reporting, to the Registrant's auditors and the audit committee of Registrant's board of directors (or persons performing the equivalent functions): a. All significant deficiencies and material weaknesses in the design or operation of internal control over financial reporting which are reasonably likely to adversely affect the Registrant's ability to record, process, summarize and report financial information; and b. Any fraud, whether or not material, that involves management or other employees who have a significant role in the Registrant's internal control over financial reporting. Date: November 7, 2024/s/ Jeffrey D. Pribor. Jeffrey D. Pribor, Chief Financial Officer. **color: #b3b3b3; font-family: 'Arial', sans-serif; font-size: 10pt; font-weight: 400; line-height: 100%** 14. Exhibit 32 CERTIFICATION OF CHIEF EXECUTIVE OFFICER AND CHIEF FINANCIAL OFFICER PURSUANT TO 18 U.S.C. SECTION 1350, AS ADOPTED PURSUANT TO SECTION 906 OF THE SARBANES-OXLEY ACT OF 2002. Each of the undersigned, the Chief Executive Officer and the Chief Financial Officer of International Seaways, Inc. (the "Company"), hereby certifies, to the best of her/his knowledge and belief, that the Form 10-Q of the Company for the quarterly period ended September 30, 2024 (the "Periodic Report") accompanying this certification fully complies with the requirements of Section 13(a) or 15(d) of the Securities Exchange Act of 1934 (15 U.S.C. 78m or 78o(d)) and that the information contained in the Periodic Report fairly presents, in all material respects, the financial condition and results of operations of the Company. This certification is provided solely for purposes of complying with the provisions of Section 906 of the Sarbanes-Oxley Act and is not intended to be used for any other purpose. Date: November 7, 2024/s/ Lois K. Zabrocky. Lois K. Zabrocky, Chief Executive Officer. Date: November 7, 2024/s/ Jeffrey D. Pribor. Jeffrey D. Pribor, Chief Financial Officer.