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Employer Identification Number)â 600 Third Avenue, 39th Floor, New York, New Yorkâ 10016(Address of principal executive offices)â (Zip Code)â Registrantâ telephone number, including area code: 212-578-1600â (Former name, former address and former fiscal year, if changed since last report)SECurities registered pursuant to Section 12(b) of the Act:Title of each classTrading Symbol(s)Name of each exchange on which registeredCommon Stock (no par value)INSWNew York Stock ExchangeRights to Purchase Common StockNANew York Stock Exchangeâ Indicate by check mark whether the registrant (1)Â has filed all reports required to be filed by SectionÂ 13 or 15(d)Â of the Securities Exchange Act of 1934 during the preceding 12Â months (or for such shorter period that the registrant was required to file such reports), and (2)Â has been subject to such filing requirements for the past 90Â days. YesÂ Â NoÂ Â Indicate by check mark whether the registrant has submitted electronically every Interactive Data File required to be submitted pursuant to RuleÂ 405 of Regulation S-T (Â 232.405 of this chapter) during the preceding 12Â months (or for such shorter period that the registrant was required to submit such files). YesÂ Â NoÂ Â Indicate by check mark whether the registrant is a large accelerated filer, an accelerated filer, a non-accelerated filer, a smaller reporting company, or an emerging growth company. See the definitions of âlarge accelerated filerâ âaccelerated filerâ âsmaller reporting companyâ and âemerging growth companyâ in RuleÂ 12b-2 of the Exchange Act.â Large accelerated filer â Accelerated filer â Emerging growth company â Non-accelerated filer â Smaller reporting company â If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to SectionÂ 13(a)Â of the Exchange Act. â Indicate by check mark whether the registrant is a shell company (as defined in RuleÂ 12b-2 of the Exchange Act). YesÂ Â NoÂ Â "APPLICABLE ONLY TO CORPORATE ISSUERSIndicate the number of shares outstanding of each of the issuerâ classes of common stock, as of the latest practical date. The number of shares outstanding of the issuerâ common stock as of November 4, 2024: common stock, no par value, 49,192,838 shares.â INTERNATIONAL SEAWAYS,Â INC.CONDENSED CONSOLIDATED BALANCE SHEETS&CENTS IN THOUSANDS(UNAUDITED)&CENTS September 30, 2024&CENTS December 31, 2023ASSETS&CENTS Current Assets:&CENTS Cash and cash equivalents &CENTS \$ 103,309&CENTS Short-term investments&CENTS \$ 50,000&CENTS Voyage receivables, net of allowance for credit losses of \$190 and \$191&CENTS including unbilled receivables of \$185,262 and \$237,298&CENTS 191,093&CENTS Other receivables&CENTS \$ 15,682&CENTS Inventories&CENTS \$ 378&CENTS Prepaid expenses and other current assets&CENTS \$ 9,721&CENTS Current portion of derivative asset&CENTS \$ 2,087&CENTS Total Current Assets&CENTS \$ 372,270&CENTS Vessels and other property, less accumulated depreciation of \$502,936 and \$427,274&CENTS \$ 2,045,331&CENTS Deferred drydock expenditures, net&CENTS \$ 82,628&CENTS Operating lease right-of-use assets&CENTS \$ 12,295&CENTS Pool working capital deposits&CENTS \$ 33,794&CENTS Long-term derivative asset&CENTS \$ 214&CENTS Other assets&CENTS \$ 1,153&CENTS Total Assets&CENTS \$ 2,587,846&CENTS Liabilities&CENTS Accounts payable, accrued expenses and other current liabilities&CENTS \$ 45,796&CENTS Current portion of operating lease liabilities&CENTS \$ 7,673&CENTS Current installments of long-term debt&CENTS \$ 49,823&CENTS Total Current Liabilities&CENTS \$ 103,292&CENTS Long-term operating lease liabilities&CENTS \$ 6,773&CENTS Long-term debt&CENTS \$ 600,689&CENTS Other liabilities&CENTS \$ 2,462&CENTS Total Liabilities&CENTS \$ 713,216&CENTS Commitments and contingencies&CENTS Equity: &CENTS Capital - 100,000,000 no par value shares authorized; 49,192,838 and 48,925,562&CENTS shares issued and outstanding&CENTS \$ 1,501,503&CENTS Retained earnings&CENTS \$ 382,350&CENTS Accumulated other comprehensive loss&CENTS (9,223)&CENTS Total Equity&CENTS \$ 1,874,630&CENTS Total Liabilities and Equity&CENTS \$ 2,587,846&CENTS See notes to condensed consolidated financial statements&CENTS INTERNATIONAL SEAWAYS,Â INC.CONDENSED CONSOLIDATED STATEMENTS OF OPERATIONS&CENTS IN THOUSANDS, EXCEPT PER SHARE AMOUNTS(UNAUDITED)&CENTS Three Months Ended September 30, &CENTS Nine Months Ended September 30, &CENTS 2024&CENTS 2023&CENTS Shipping Revenues:&CENTS Pool revenues, including \$57,062, \$72,877, \$211,050 and \$250,909&CENTS from companies accounted for by the equity method&CENTS \$ 170,07&CENTS \$ 194,465&CENTS \$ 603,970&CENTS Time charter revenues&CENTS \$ 36,842&CENTS \$ 27,587&CENTS \$ 99,030&CENTS \$ 66,849&CENTS Voyage charter revenues&CENTS \$ 18,341&CENTS \$ 19,656&CENTS \$ 54,000&CENTS \$ 52,558&CENTS \$ 225,190&CENTS Operating Expenses:&CENTS Charter hire&CENTS \$ 757,000&CENTS \$ 821,041&CENTS \$ 2,434&CENTS \$ 2,434&CENTS Vessel expenses&CENTS \$ 71,269&CENTS \$ 64,596&CENTS \$ 202,490&CENTS \$ 188,516&CENTS Charter hire expenses&CENTS \$ 7,245&CENTS Depreciation and amortization&CENTS \$ 39,304&CENTS \$ 33,363&CENTS \$ 109,974&CENTS \$ 95,356&CENTS General and administrative&CENTS \$ 13,411&CENTS \$ 12,314&CENTS \$ 35,082&CENTS Other operating expenses&CENTS \$ 985&CENTS \$ 74&CENTS \$ 2,715&CENTS \$ 2,715&CENTS Third-party debt modification fees&CENTS \$ 148&CENTS Gain (loss) on disposal of vessels and other assets, net&CENTS (13,499)&CENTS \$ 74&CENTS (41,402)&CENTS (10,648)&CENTS Total operating expenses&CENTS \$ 124,218&CENTS Income from vessel operations&CENTS \$ 100,972&CENTS \$ 114,160&CENTS \$ 410,183&CENTS \$ 468,134&CENTS Other income&CENTS \$ 3,211&CENTS \$ 646&CENTS Interest expense&CENTS (12,496)&CENTS Income before interest expense and income taxes&CENTS \$ 104,183&CENTS \$ 114,806&CENTS \$ 418,708&CENTS \$ 476,442&CENTS Income tax expense&CENTS (12,496)&CENTS Income before income taxes&CENTS \$ 91,687

Net change in inventories, prepaid expenses and other current assets, accounts payable, accrued expenses and other current and long-term liabilities (8,524)  
Net cash provided by operating activities 453,156 562,919 Cash Flows from Investing Activities: Expenditures for vessels, vessel improvements and vessels under construction (216,589) (192,218) Proceeds from disposal of vessels and other property, net 71,915  
Expenditures for other property (880) (1,035) Investments in short-term time deposits (125,000) (210,000) Proceeds from maturities of short-term time deposits 135,000 215,000 Pool working capital deposits (1,532) (1,334) Net cash used in investing activities (137,086)  
Cash Flows from Financing Activities: Borrowings on revolving credit facilities 50,000 50,000 Repayments on revolving credit facilities (50,000) Repayments of debt (39,851) (323,685) Proceeds from sale and leaseback financing, net of issuance and deferred financing costs (169,717) Payments on sale and leaseback financing and finance lease (36,831) (123,732) Payments of deferred financing costs (5,759)  
Premium and fees on extinguishment of debt (1,323) Repurchase of common stock (25,000) (13,948) Cash dividends paid (225,385) (247,001) Cash paid to tax authority upon vesting or exercise of stock-based compensation (7,055)  
Net cash used in financing activities (339,881) (498,136) Net decrease in cash and cash equivalents (23,451) (104,768) Cash and cash equivalents at beginning of year 126,760  
Cash and cash equivalents at end of period 103,309 \$ 138,976 See notes to condensed consolidated financial statements 4 INTERNATIONAL SEAWAYS, A INC. CONDENSED CONSOLIDATED STATEMENTS OF CHANGES IN EQUITY DOLLARS IN THOUSANDS (UNAUDITED) Retained Accumulated Earnings / Other (Accumulated Comprehensive) Capital Deficit Income/loss Total For the nine months ended 2024 2023 Balance at January 1, 2024 \$ 1,490,986 \$ 226,834 (1,063) \$ 1,716,757 Net income 380,901 380,901 Other comprehensive loss 8,160 8,160 Dividends declared (225,385) 225,385 Forfeitures of vested restricted stock awards and exercised stock options (7,055) 7,055 Compensation relating to restricted stock awards 811 811 Compensation relating to restricted stock units awards 4,826 4,826 Compensation relating to stock option awards 99 99 Equity consideration issued for purchase of vessels 36,831 36,831 Repurchase of common stock (25,000) (25,000) Balance at September 30, 2024 \$ 1,501,503 \$ 382,350 1,874,630 1,874,630 Balance at January 1, 2023 \$ 1,502,235 (21,447) \$ 6,964 \$ 1,487,752 Net income 424,332 424,332 Other comprehensive loss (1,805) (1,805) Dividends declared (247,008) 247,008 Forfeitures of vested restricted stock awards and exercised stock options (5,158) 5,158 Compensation relating to restricted stock awards 768 768 Compensation relating to restricted stock units awards 4,688 4,688 Compensation relating to stock option awards 456 456 Repurchase of common stock (13,948) 13,948 Balance at September 30, 2023 \$ 1,589,041 \$ 5,159 1,650,077 1,650,077 Balance at July 1, 2024 \$ 1,524,400 \$ 364,452 (1,416) \$ 1,887,436 Net income 91,688 91,688 Other comprehensive loss 7,807 7,807 Dividends declared (73,790) 73,790 Compensation relating to restricted stock awards 291 291 Compensation relating to restricted stock units awards 1,812 1,812 Repurchase of common stock (25,000) 25,000 Balance at September 30, 2024 \$ 1,501,503 \$ 382,350 1,874,630 1,874,630 Balance at July 1, 2023 \$ 1,487,151 \$ 5,755 1,620,274 Net income 97,937 97,937 Other comprehensive loss (596) 596 Dividends declared (69,428) 69,428 Forfeitures of vested restricted stock awards and exercised stock options (149) 149 Compensation relating to restricted stock awards 277 277 Compensation relating to restricted stock units awards 1,645 1,645 Compensation relating to stock option awards 117 117 Balance at September 30, 2023 \$ 1,489,041 \$ 5,159 1,650,077 See notes to condensed consolidated financial statements 5 INTERNATIONAL SEAWAYS, INC. NOTES TO CONDENSED CONSOLIDATED FINANCIAL STATEMENTS (UNAUDITED) Note A 1A Basis of Presentation: The accompanying unaudited condensed consolidated financial statements include the accounts of International Seaways, A Inc. (a Marshall Islands corporation, and its wholly owned subsidiaries. Unless the context indicates otherwise, references to the Company, the Company'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 Form 10-Q and Article 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 the year ending December 31, 2024. The condensed consolidated balance sheet as of December 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 Company's Annual Report on Form 10-K for the year ended December 31, 2023. All intercompany balances and transactions within the Company have been eliminated. Investments in 50% or less owned affiliated companies, in which the Company exercises significant influence, are accounted for by the equity method. Note 2 Significant Accounting Policies: For a description of all of the Company's material accounting policies, see Note 2, 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. The following is a summary of any changes or updates to the Company's critical accounting policies for the current period: Concentration of Credit Risk 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: (Dollars in thousands) Allowance for Credit Losses - Voyage Receivables Balance at December 31, 2023 \$ 191 Reversal of expected credit losses (1) Balance at September 30, 2024 \$ 190 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. Deferred finance charges 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 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, Debt) 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 Company's outstanding debt facilities, are included in long-term debt in the consolidated balance sheets. 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. Vessels under construction 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 Company'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. Recently Issued Accounting Standards The Financial Accounting Standards Board (FASB) Accounting Standards Codification is the sole source of authoritative GAAP other than United States Securities and Exchange Commission (SEC) issued rules and regulations that apply only to SEC registrants. The FASB issues Accounting Standards Updates (ASUs) to communicate changes to the codification. 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 company'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 (CODM) as well as interim disclosures for all reportable segments' 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. 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 periods 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. Note A 3A Earnings per Common Share: 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. 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 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. 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. Reconciliations of the numerator of the basic and diluted earnings per share computations are as follows: Three Months Ended September 30, 2024 Nine Months Ended September 30, 2024 (Dollars in thousands) 2024 2023 2024 2023 Net income allocated to Common Stockholders \$ 91,650 \$ 97,878 \$ 380,730 \$ 424,011 Participating securities 38 59 171 321 91,688 \$ 97,937 \$ 380,901 \$ 424,332 For the three and nine months ended September 30, 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 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. Note A 4A Business and Segment Reporting: 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 Company's condensed consolidated financial statements. Information about the Company's

reportable segments as of and for the three and nine months ended September 30, 2024 and 2023 follows:INTERNATIONAL SEAWAYS, INC.NOTES TO CONDENSED CONSOLIDATED FINANCIAL STATEMENTS(UNAUDITED)Three months ended September 30, 2024:Shipping revenues\$ 103,212Time charter equivalent revenues\$ 225,190Total revenues\$ 98,821Depreciation and amortization\$ 20,536Gain on disposal of vessels and other assets, net\$ 18,768Adjusted total assets at September 30, 2024\$ 1,453,559Adjusted total assets at September 30, 2023\$ 953,451Shipping revenues\$ 114,250Time charter equivalent revenues\$ 241,708Total revenues\$ 127,458Depreciation and amortization\$ 20,039Loss on disposal of vessels and other assets\$ 13,298Adjusted income/(loss) from vessel operations\$ 58,926Adjusted total assets at September 30, 2023\$ 1,520,485Adjusted total assets at September 30, 2023\$ 795,568CrudeProductTankersCarriersOtherTotalsNine months ended September 30, 2024:Shipping revenues\$ 355,458Time charter equivalent revenues\$ 401,542Total revenues\$ 757,000Depreciation and amortization\$ 60,571Adjusted total assets at September 30, 2024\$ 49,403Adjusted total assets at September 30, 2023\$ 109,974Gain on disposal of vessels and other assets, net\$ (20)Adjusted income from vessel operations\$ 176,696Adjusted income/(loss) from vessel operations\$ 56,583Loss/(gain) on disposal of vessels and other assets, net\$ (10,686)Adjusted income/(loss) from vessel operations\$ 239,985Adjusted income/(loss) from vessel operations\$ 184,515Payments for drydocking\$ 37,522Payments for drydocking\$ 43,855Income before income taxes\$ 91,687Income before income taxes\$ 97,989Reconciliations of time charter equivalent revenues of the segments to amounts included in the condensed consolidated balance sheets follow:(Dollars in thousands)September 30, 2024September 30, 2023Adjusted total assets of all segments\$ 2,407,010\$ 2,316,053Corporate unrestricted cash and cash equivalents\$ 103,309\$ 138,976Short-term investments\$ 50,000\$ 75,000Other unallocated amounts\$ 27,527\$ 30,993Consolidated total assets\$ 2,587,846\$ 2,561,022Note 5A Vessels:Impairment of Vessels and Other PropertyDuring the nine months ended September 30, 2024, the Company gave consideration as to whether events or changes in circumstances had occurred since December 31, 2023, that could indicate that the carrying amounts of the vessels in the Company's fleet may not be recoverable. The Company determined that no held-for-sale or held-for-use impairment indicators existed for the Company's vessels as of September 30, 2024. Vessel Acquisitions and Construction CommitmentsOn February 23, 2024, the Company entered into agreements to acquire two 2014-built and four 2015-built MR Product Carriers for an aggregate consideration of approximately \$232 million, payable 85% in cash and 15% in shares of common stock of the Company. All six vessels were delivered during the second quarter of 2024 and are Collateral Vessels under the \$500 Million Revolving Credit Facility (see Note 8, Debt). In total, for the acquisition of the vessels, the Company paid \$198.3 million in cash, including \$1.1 million for initial stores on board and directly related third-party professional fees, and also issued 623,778 shares of its common stock to the sellers. Such shares had an aggregate value of \$36.8 million based upon the closing market price of the Company's stock on each of the vessel delivery dates. 10INTERNATIONAL SEAWAYS, INC.NOTES TO CONDENSED CONSOLIDATED FINANCIAL STATEMENTS(UNAUDITED)An automatic shelf registration statement on Form S-3 was filed with the SEC on April 29, 2024 that, in connection with prospectus supplements filed during the second quarter of 2024, registered the aggregate 623,778 shares that were issued in conjunction with these vessel acquisitions and facilitated the seller's ability to offer and sell or otherwise dispose of the shares of common stock issued to them under this transaction. In March 2024 the Company exercised options to build two additional dual-fuel ready LNG 73,600 dwt LRLs at the same shipyard from which its other four newbuild LRLs were ordered. The six LRLs are expected to be delivered beginning in the second half of 2025 through the third quarter of 2026 for an aggregate cost of approximately \$359 million. The remaining commitments on the contracts for the construction of the LRL newbuilds as of September 30, 2024 was \$335.3 million, which will be paid for through a combination of long-term financing and available liquidity. Disposal/Sales of VesselsDuring the nine months ended September 30, 2024, the Company delivered one 2009-built and two 2008-built MRs to their buyers and recognized an aggregate gain of \$41.4 million. During the nine months ended September 30, 2023, the Company delivered a 2008-built MR to its buyer and recognized a gain of \$10.9 million. Note 6A Variable Interest Entities(VIEs)Unconsolidated VIEsAs of September 30, 2024, all of the seven commercial pools in which the Company participates were determined to be VIEs for which the Company is not considered a primary beneficiary. The following table presents the carrying amounts of assets and liabilities in the condensed consolidated balance sheet related to the unconsolidated VIEs as of September 30, 2024:Condensed Consolidated Balance SheetPool working capital deposits\$ 33,794In accordance with accounting guidance, the Company evaluated its maximum exposure to loss related to these unconsolidated VIEs by assuming a complete loss of the Company's investment in these VIEs. The table below compares the Company's liability in the condensed consolidated balance sheet to the maximum exposure to loss at September 30, 2024:Condensed Consolidated Balance SheetMaximum Exposure to LossOther Liabilities\$ 33,794In addition, as of September 30, 2024, the Company had approximately \$182.5 million of trade receivables from the pools that were determined to be a VIE. These trade receivables, which are included in voyage receivables in the accompanying condensed consolidated balance sheet, have been excluded from the above tables and the calculation of INS's maximum exposure to loss. The Company does not record the maximum exposure to loss as a liability because it does not believe that such a loss is probable of occurring as of September 30, 2024. 11INTERNATIONAL SEAWAYS, INC.NOTES TO CONDENSED CONSOLIDATED FINANCIAL STATEMENTS(UNAUDITED)Note 7A Fair Value of Financial Instruments, Derivatives and Fair Value DisclosuresThe estimated fair values of the Company's financial instruments, other than derivatives that are not measured at fair value on a recurring basis, categorized based upon the fair value hierarchy, are as follows:Cash and cash equivalents\$ 103,309Level 1Short-term investments (1)\$ 50,000Level 2Ocean Yield Lease Financing (2)\$ 289,987Level 2BoComm Lease Financing (3)\$ 192,343Level 2Toshin Lease Financing (3)\$ 12,149Level 2Hyuga Lease Financing (3)\$ 13,643Level 2Kaiyo Lease Financing (3)\$ 11,062Level 2Kaisha Lease Financing (3)\$ 11,047Level 2Level 2(1)Short-term investments consist of time deposits with original maturities of between 91 and 180 days.(2)Floating rate debt the fair value of floating rate debt has been determined using level 2 inputs and is considered to be equal to the carrying value since it bears a variable interest rate, which is reset every three months. (3)Fixed rate debt the fair value of fixed rate debt has been determined using level 2 inputs by discounting the expected cash flows of the outstanding debt. DerivativesAt September 30, 2024, the Company was party to amortizing interest rate swap agreements with major financial institutions participating in the \$500 Million Revolving Credit Facility that effectively converts the Company's interest rate exposure from a three-month SOFR floating rate to a fixed rate of 2.84% through the maturity date of February 22, 2027. The interest rate swap agreements, which contain no leverage features, are designated and qualify as cash flow hedges and have a remaining aggregate notional value of \$255.6 million as of September 30, 2024, covering for accounting purposes, the \$94.6 million principal balance outstanding under the \$500 Million Revolving Credit Facility and \$161.0 million outstanding under the Ocean Yield Lease Financing. Also, as of September 30, 2024, approximately \$0.4 million in net gains from previously terminated interest rate swaps are expected to be amortized out of accumulated other comprehensive loss to earnings over the next 12 months. Derivatives are recorded on a net basis by counterparty when a legal right of offset exists. The Company had the following amounts recorded on a net basis by transaction in the accompanying unaudited condensed consolidated balance sheets related to the Company's use of derivatives as of September 30, 2024 and December 31, 2023:Derivatives designated as hedging instrumentsLong-term derivative assetsOther receivablesSeptember 30, 2024\$ 2,087\$ 214Total \$ 2,087\$ 710December 31, 2023\$ 5,081\$ 1,153Total \$ 5,081\$ 961The following tables present information with respect to gains and losses on derivative positions reflected in the condensed consolidated statements of operations or in the condensed consolidated statements of comprehensive income. The effect of cash flow hedging relationships recognized in other comprehensive income excluding amounts reclassified from accumulated other comprehensive income for the three and nine months ended September 30, 2024 and 2023 follows:Three Months Ended September 30, 2024September 30, 2023Derivatives designated as hedging instrumentsInterest rate swaps\$ (2,383)\$ 1,897Total other comprehensive (loss)/income\$ (2,383)\$ 1,766The effect of the Company's cash flow hedging relationships on the condensed consolidated statement of operations for the three and nine months ended September 30, 2024 and 2023 follows:Three Months Ended September 30, 2024September 30, 2023Derivatives designated as hedging instrumentsInterest rate swaps\$ (2,343)\$ (6,323)Discontinued hedging instruments\$ (6,323)\$ (160)Total interest expense\$ (1,894)\$ (2,865)\$ (6,468)\$ (8,016)See Note 11, Accumulated Other Comprehensive Loss, for disclosures relating to the impact of derivative instruments on accumulated other comprehensive income/(loss). 13INTERNATIONAL SEAWAYS, INC.NOTES TO CONDENSED CONSOLIDATED FINANCIAL STATEMENTS(UNAUDITED)The following table presents the fair values, which are pre-tax, for assets and liabilities measured on a recurring basis:Fair Value Level Derivative Assets (interest rate swaps)\$ 3,011\$ 7,195Level 2(1)For the interest rate swaps, fair values are derived using valuation models that utilize the income valuation approach. These valuation models take into account contract terms such as maturity, as well as other inputs such as interest rate yield curves and creditworthiness of the counterparty and the Company. Note 8A Debt:Debt consists of the following:Debt\$ 110,474\$ 500 Million Revolving Credit Facility, due 2030\$ 94,581ING Credit Facility, due 2026, net of

[illegible]

[illegible]



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: \$ 79,611 \$ 2,699,202 \$ 39,433 \$ 1,259,202 \$ 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 14 Other Operating Expenses Other operating expenses consist of the following expenses: Three Months Ended September 30, Nine Months Ended September 30, (Dollars in thousands) 2024 \$ 2023 \$ 2024 \$ 2023 Settlement of multi-employer pension plan obligations \$ 44 \$ \$ \$ 1,019 \$ \$ Legal and consulting fees associated with settlement of pension plan obligations \$ 941 \$ \$ \$ 1,696 \$ \$ Total other operating expenses \$ 985 \$ \$ \$ 2,715 \$ \$ \$ 24 \$ 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 (the 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 (the 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 International Seaways, Inc. Notes to Condensed Consolidated Financial Statements (Unaudited) 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. 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; International Seaways, Inc.'s 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; 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. International Seaways, Inc. 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. 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 (edwt). 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.

INTERNATIONAL 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-cancelable time charters for three VLCCs, two Suezmaxes, one Aframax, one LR2, and eight MRs, as of September 30, 2024 are as follows: (Dollars in millions)

Amount	2024	2023
Future minimum revenues	\$344.8	\$344.8
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.	\$301.2	\$301.2

Operations 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 (mmb/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. Global 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. U.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. China'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. Total 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. During 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. During 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. While 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.

Update 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 31 INTERNATIONAL SEAWAYS, INC. the accompanying condensed consolidated financial statements for any changes or updates to the Company's critical accounting policies for the current period.

Results 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.

During 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. The 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. See 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.

31 INTERNATIONAL SEAWAYS, INC. Crude Tankers	2024	2023	2024	2023
TCE revenues	\$98,821	\$110,766	\$343,639	\$388,963
Vessel expenses	(34,218)	(34,218)	(34,218)	(34,218)
Charter hire expenses	(4,411)	(2,690)	(11,728)	(9,239)
Depreciation and amortization	(20,039)	(60,571)	(56,583)	(176,696)
Average daily TCE rate	\$36,587	\$36,587	\$36,587	\$36,587
Average number of owned vessels	21.0	21.0	21.0	19.7
Average number of vessels chartered-in	9.2	9.2	9.2	9.2
Number of revenue days	2,701	2,671	7,927	7,672
Owned vessels	1,932	1,930	5,754	5,368
Vessels bareboat chartered-in under leases	2,466	2,509	19	19
Adjusted income from vessel operations by segment before general and administrative expenses, other operating expenses, third-party debt modification fees and gain on disposal of vessels and other property, net	(b)	(b)	(b)	(b)
The average is calculated to reflect the addition and disposal of vessels during the period.	(c)	(c)	(c)	(c)
Revenue days represent ship-operating days less days 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.	(d)	(d)	(d)	(d)
Ship-operating days represent calendar days.	(e)	(e)	(e)	(e)
Represents 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.	(f)	(f)	(f)	(f)
Represents vessels spot chartered-in by the Company's Crude Tankers Lightering business for full service lightering jobs.	(g)	(g)	(g)	(g)

31 INTERNATIONAL 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.

2024	2023	Spot Earnings	Fixed Earnings	Three Months Ended September 30,
Average rate	\$29,711	\$31,903	\$40,961	\$35,319
Revenue days	870	297	38,044	30,973
Average rate	\$25,119	\$38,574	\$34,046	\$38,652
Revenue days	186	91	232	73
Average rate	\$40,111	\$36,702	\$46,342	\$40,597
Revenue days	2,572	822	2,431	703
Average rate	\$42,564	\$31,003	\$52,627	\$31,093
Revenue days	3,013	548	2,996	496
Average rate	\$32,997	\$38,524	\$47,640	\$38,652
Revenue days	597	273	926	73

During 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 Tankers Aframax Pool. Such transitional voyages are excluded from the table above.

During 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. Vessel 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. Excluding 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 lighterings being performed during the 31 INTERNATIONAL SEAWAYS, INC. three months ended September 30, 2024 compared to 114 in the prior year's period. 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. During 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

Crude Tankers Lightering business, and (v) a \$3.3 million days-based increase in the Suezmax sector resulting from 56 fewer off-hire days in the current period.

• Vessel expenses increased by \$11.5 million to \$94.6 million in the first nine months of 2024 from \$83.2 million in the first nine months of 2023. The VLCC newbuild deliveries described above resulted in \$3.2 million of incremental vessel expense in the current year's period. The remainder of the increase was driven by factors consistent with the quarter-of-quarter variance described above, along with the timing of the delivery of stores and spare parts. Charter hire expenses increased by \$2.5 million in the current year's period due to increased charter hire expense in the Crude Tankers Lightering business, which primarily reflects incremental chartered-in Aframax days for full-service jobs and an increased daily rate on two of the workboats being chartered-in. Depreciation and amortization increased by \$4.0 million to \$60.6 million in the nine months ended September 30, 2024 from \$56.6 million in the prior year's comparable period principally as a result of the commencement of depreciation on the Company's three dual-fuel LNG VLCC newbuilds.

• Excluding depreciation and amortization and general and administrative expenses, operating income for the Crude Tankers Lightering business was \$20.4 million for the first nine months of 2024 compared to \$17.7 million for the first nine months of 2023. The increase reflects increased activity levels period-over-period, with 368 service support only lighterings and six full-service lightering jobs being completed during the first nine months of 2024 compared with 339 service support only lighterings and two full-service job during the first nine months of 2023.

• Product Carriers

	Three Months Ended September 30, 2024	Nine Months Ended September 30, 2024
Carriers	\$120,866	\$125,186
Vessel expenses	\$418,644	\$418,644
Revenue	\$37,051	\$37,051
Charter hire expenses	(2,834)	(8,608)
Depreciation and amortization	(21,360)	(21,360)
Average daily TCE rate	\$253,230	\$253,230
Average number of owned vessels	41.2	40.0
Average number of vessels chartered-in	39.9	39.6
Revenue days	6,550	5,045
Number of revenue days	4,045	4,085
Number of ship-operating days	10,809	10,940
Vessels bareboat chartered in under leases	(a)	(a)
Vessels time chartered in under leases	92	231
Represents MRs that secured lease financing arrangements during the 2024 periods and an LR2 and MRs that secured lease financing arrangements during the 2023 periods.	35	35

INTERNATIONAL SEAWAYS, INC. The following table provides 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 \$841 and \$786 per day for the three months ended September 30, 2024 and 2023, respectively. A and \$879 and \$792 per day for the nine months ended September 30, 2024 and 2023, respectively, as well as 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.

	Spot Earnings	Fixed Earnings	Spot Earnings	Fixed Earnings	Three Months Ended September 30, 2024	Nine Months Ended September 30, 2024
LR2(1)	\$39,498	\$32,603	\$39,498	\$32,603	\$39,498	\$32,603
Revenue days	692	92	692	92	692	92
MR(3)	\$29,006	\$21,920	\$29,006	\$21,920	\$29,006	\$21,920
Nine Months Ended September 30, 2024	\$18,588	\$16,711	\$18,588	\$16,711	\$18,588	\$16,711
LR2(1)	\$55,397	\$63,950	\$55,397	\$63,950	\$55,397	\$63,950
Revenue days	2,655	1,671	2,655	1,671	2,655	1,671
MR(3)	\$33,912	\$21,745	\$33,912	\$21,745	\$33,912	\$21,745
Revenue days	8,877	781	8,877	781	8,877	781

During the three and nine months ended September 30, 2023, the Company's LR2 was employed on a transitional voyage in the spot market subsequent to the May 2023 expiry of its time charter and prior to joining the Hafnia LR2 Pool in July 2023. (2) In order to take advantage of market conditions and optimize economic performance, during the 2024 and 2023 periods, management employed all of the Company's LR1 product carriers, which operate in the Panamax International pool, exclusively in the transportation of crude oil cargoes. During the nine months ended September 30, 2024, one LR1 was employed on a transitional voyage in the spot market outside of its ordinary course operations in the Panamax International pool. Additionally, during the three and nine months ended September 30, 2023, two LR1s were employed on transitional voyages. Such transitional voyages are excluded from the table above. (3) During the three and nine months ended September 30, 2024 and the three and nine months ended September 30, 2023, certain of the Company's MRs were employed on transitional voyages in the spot market outside of their ordinary course operations in commercial pools. Such transitional voyages are excluded from the table above.

• During the third quarter of 2024, TCE revenues for the Product Carriers segment decreased by \$4.3 million, or 3%, to \$120.9 million from \$125.2 million in the third quarter of 2023. The reduction in TCE revenues was primarily as a result of (i) a \$9.5 million days-based decrease in the LR1 fleet sector which reflects the impacts of a 139-day net decrease in time-chartered in days and an increase of 41 off-hire days in the current period and (ii) a \$4.1 million rates-based decrease in the LR1 sector due to lower average daily rates earned in the current quarter. Partially offsetting these decreases were (iii) a \$5.5 million rates-based increase in MR fleet due to higher average blended rates earned in the current quarter, and (iv) a \$4.1 million days-based increase in the MR sector, which reflects a 106-day increase in owned vessel days and 58 less off-hire days in the current period. The increase in owned vessel days resulted 36 INTERNATIONAL SEAWAYS, INC. from the Company's acquisition of six MRs between April 2024 and May 2024, partially offset by the sales of five MRs between October 2023 and July 2024.

• Vessel expenses increased by \$1.6 million to \$37.1 million in the third quarter of 2024 from \$35.5 million in the third quarter of 2023. Such increase principally reflects higher drydock deviation costs in the LR1 sector. Charter hire expenses decreased by \$5.8 million to \$2.8 million in the current quarter from \$8.6 million in the third quarter of 2023, primarily as a result of the quarter-over-quarter decrease in time chartered-in LR1 days described above. Depreciation and amortization increased by \$5.5 million to \$18.8 million in the current quarter from \$13.3 million in the prior year's quarter. Such increase resulted primarily from increased drydock amortization and the MR purchases and sales referenced above, as the acquired vessels have higher cost bases than the older vessels that were sold.

• During the first nine months of 2024, TCE revenues for the Product Carriers segment decreased by \$19.8 million, or 5%, to \$398.8 million from \$418.6 million in the first nine months of 2023. The reduction in TCE revenues was primarily as a result of (i) a \$41.2 million days-based decrease in the LR1 fleet sector which reflects the impacts of a 455-day net decrease in time-chartered in days and an increase of 215 off-hire days in the current year's period, (ii) a \$13.1 million rates-based decrease in the LR1 sector due to lower average daily rates earned in the current period, and (iii) a \$3.1 million days-based decline in the MR sector, which reflects 55 fewer owned vessel days and 59 more off-hire days in the current period. The decrease in owned vessel days reflects the sale of six MRs between March 2023 and July 2024, partially offset by the six MR acquisitions during the second quarter of 2024 described above. Partially offsetting the TCE revenue decreases described above was (iv) a \$39.1 million aggregate rates-based increase in the MR and LR2 sectors due to higher average daily blended rates earned in the current period.

• Vessel expenses increased by \$2.5 million to \$107.9 million in the first nine months of 2024 from \$105.4 million in the first nine months of 2023. Such increase principally reflects higher LR1 drydock deviation costs, partially offset by the impacts of the reduction in owned MR days noted above. Charter hire expenses decreased by \$12.2 million to \$9.1 million in the current period from \$21.4 million in the first nine months of 2023, primarily as a result of the period-over-period decrease in time chartered-in LR1 days described above. Depreciation and amortization increased by \$10.7 million to \$49.4 million in the first nine months of 2024 from \$38.7 million in the prior year's period. The drivers of this increase were consistent with the quarter-over-quarter increase described above.

• General and Administrative Expenses

• During the third quarter of 2024, general and administrative expenses increased by \$1.1 million to \$13.4 million from \$12.3 million in the third quarter of 2023. The primary drivers for the increase were higher legal and consultancy fees of \$0.3 million and an increase in compensation and benefits costs of \$0.3 million.

• For the nine months ended September 30, 2024, general and administrative expenses increased by \$2.4 million to \$37.5 million from \$35.1 million for the same period in 2023. The increase principally relates to increased compensation and benefits costs of \$0.7 million and higher legal fees of \$0.8 million, principally incurred in connection with a commercial dispute. See Note 16, Contingencies, to the accompanying condensed consolidated financial statements for additional information.

• Other Operating Expenses

• See Note 14, Other Operating Expenses, to the accompanying condensed consolidated financial statements for additional information on these expenses.

• Other Income

• Other income was \$3.2 million and \$8.5 million for the three and nine months ended September 30, 2024, respectively, compared with \$0.6 million and \$8.3 million of other income for the three and nine months ended September 30, 2023. Other income for the current 2024 periods includes \$2.6 million and \$7.9 million, respectively, of interest income earned on invested cash, compared to \$3.6 million and \$11.3 million of interest income earned for the three and nine months ended September 30, 2023, respectively. The 37 INTERNATIONAL SEAWAYS, INC. decrease in interest income reflects the impact of a lower average balance of invested cash during the three and nine months ended September 30, 2024, attributable to the significant deleveraging initiatives completed during 2023 as well as a decrease in interest rates in anticipation of the Federal Reserve's move to cut rates at the end of third quarter of 2024.

• Interest Expense

• The components of interest expense are as follows:

	Three Months Ended September 30, 2024	Nine Months Ended September 30, 2024
Interest before items shown below	\$14,562	\$19,471
Interest cost on defined benefit pension obligation	(1,893)	(2,865)
Impact of interest rate hedge derivatives	(2,865)	(6,468)
Capitalized interest	(311)	(744)
Interest expense	\$12,496	\$16,817
Interest expense decreased in the 2024 periods compared to the corresponding 2023 periods as a result of (i) a reduction in the average outstanding principal balance under the \$750 Million Term Loan Facility (which was amended and extended in April 2024), (ii) the repayment in full of the COSCO Lease financing in July 2023 and (iii) the repayment in full of the ING Credit Facility in April 2024, partially offset by post-delivery interest expense related to the BoComm Lease Financing. See Note 8, Debt, in the accompanying condensed consolidated financial statements for further information on the Company's debt facilities.	\$16,817	\$16,817
Taxes	\$37,808	\$51,678
The Company qualifies for an exemption from U.S. federal income taxes under Section 883 of the U.S. Internal Revenue Code of 1986, as amended (the Code) and U.S. Treasury Department regulations for the 2024 calendar year, as less than 50 percent of the total value of the Company's stock was held by one or more shareholders who own 5% or more of the Company's stock for more than half of the days of 2024. A There can be no assurance at this time that INSW will continue to qualify for the Section 883 exemption beyond calendar year 2024. Should the Company not qualify for the exemption in the future, INSW will be subject to U.S. federal income taxation of 4% of its U.S. source shipping income on a gross basis without the benefit of deductions. Shipping income that is attributable to transportation that begins or ends, but that does not both begin and end, in the U.S. will be considered to be 50% derived from sources within the United States. Shipping income attributable to transportation that both begins and ends in the U.S. would be considered to be 100% derived from sources within the United States, but INSW does not and cannot engage in transportation that gives rise to such income.	\$51,678	\$51,678
EBITDA	\$91,688	\$97,937
EBITDA represents net income before interest expense, income taxes and depreciation and amortization expense. Adjusted EBITDA consists of EBITDA adjusted for the impact of certain items that we do not consider indicative of our ongoing operating performance. EBITDA and Adjusted EBITDA are presented to provide investors with meaningful additional information that management uses to monitor ongoing operating results and evaluate trends over comparative periods. EBITDA and Adjusted EBITDA do not represent, and should not be considered a substitute for, net income or cash flows from operations determined in accordance with GAAP. EBITDA and Adjusted EBITDA have limitations as analytical tools, and should not be considered in isolation, or as a substitute for analysis of our results reported under GAAP. Some of the limitations are: EBITDA and Adjusted EBITDA do not reflect our cash expenditures, or future requirements for capital expenditures or contractual commitments; EBITDA and Adjusted EBITDA do not reflect changes in, or cash requirements for, our working capital needs; and INTERNATIONAL SEAWAYS, INC. EBITDA and Adjusted EBITDA do not reflect the significant interest expense, or the cash requirements necessary to service interest or principal payments, on our debt. While EBITDA and Adjusted EBITDA are frequently used by companies as a measure of operating results and performance, neither of those items as prepared by the Company is necessarily comparable to other similarly titled captions of other companies due to differences in methods of calculation.	\$91,688	\$97,937
The following table reconciles net income, as reflected in the condensed consolidated statements of operations, to EBITDA and Adjusted EBITDA	\$91,688	\$97,937
Net income	\$91,688	\$97,937
Income tax benefit/(provision)	(1)	(1)
Interest expense	(12,496)	(16,817)
Depreciation and amortization	(39,304)	(33,363)
EBITDA	\$109,974	\$95,356
EBITDA	(143,487)	(148,169)
Third-party debt modification fees	(148)	(168)
Deferred financing costs	(148)	(168)
Gain/(loss) on disposal of vessels and other assets	(13,499)	(74)
Provision for settlement of multi-employer pension plan obligations	(44)	(1,019)

As on extinguishment of debt: \$1.211 billion, adjusted EBITDA \$130.032 million, \$150.945 million, \$488.467 million, \$564.993 million. Our business is capital intensive. Our ability to successfully implement our strategy is dependent on the continued availability of capital on attractive terms. In addition, our ability to successfully operate our business to meet near-term and long-term debt repayment obligations is dependent on maintaining sufficient liquidity. As of September 30, 2024, we had total liquidity on a consolidated basis of \$693.8 million comprised of \$153.3 million of cash and \$540.5 million of undrawn revolver capacity. Working capital at September 30, 2024 and December 31, 2023 was \$269.0 million and \$269.4 million, respectively. Current assets are highly liquid, consisting principally of cash, interest-bearing deposits, short-term investments consisting of time deposits with original maturities of between 91 and 180 days and receivables. Current liabilities include current installments of long-term debt of \$49.8 million and \$127.4 million at September 30, 2024 and December 31, 2023, respectively. The Company's cash and cash equivalents decreased by \$23.5 million during the nine months ended September 30, 2024. The decrease principally reflects: \$216.6 million in expenditures for vessels and other property, including the purchase of two 2014-built and four 2015-built MRs; \$250.4 million of cash dividends paid to shareholders and share buybacks; \$56.3 million in regularly scheduled principal amortization of the Company's secured debt facilities and lease financing arrangements; and \$20.3 million of principal prepayment of the ING Credit Facility. 39INTERNATIONAL SEAWAYS, INC.'s cash outflows were partially offset by: \$453.5 million of cash provided by operating activities; \$10.0 million in net proceeds from maturities of short term time deposits; and \$71.9 million in net proceeds from the disposal of vessels and other assets. Our cash and cash equivalents balances generally exceed Federal Deposit Insurance Corporation insured limits. We place our cash and cash equivalents in what we believe to be credit-worthy financial institutions. In addition, certain of our money market accounts invest in U.S. Treasury securities or other obligations issued or guaranteed by the U.S. government or its agencies, floating rate and variable demand notes of U.S. and foreign corporations, commercial paper rated in the highest category by Moody's Investor Services and Standard & Poor's, certificates of deposit and time deposits, asset-backed securities, and repurchase agreements. As of September 30, 2024, we had total debt outstanding (net of original issue discount and deferred financing costs) of \$650.5 million and net debt to capital of 21%, compared with 23.8% at December 31, 2023. Sources, Uses and Management of Capital Building on the strong market conditions during the first half of 2024 to date, we have (i) used incremental liquidity generated from operations and the proceeds from disposal of older tonnage at strong prices to invest in renewing and growing the fleet, (ii) enhanced our balance sheet and liquidity position, and (iii) continued to make substantial returns to shareholders. In addition to future operating cash flows, our other future sources of funds are proceeds from issuances of equity securities, additional borrowings as permitted under our loan agreements and proceeds from the opportunistic sales of our vessels. Our current uses of funds are to fund working capital requirements, maintain the quality of our vessels, purchase vessels, pay newbuilding construction costs, comply with international shipping standards and environmental laws and regulations, repay or repurchase our outstanding loan facilities, pay a regular quarterly cash dividend, and from time to time, repurchase shares of our common stock and pay supplemental cash dividends. The following is a summary of the significant capital allocation and strategic fleet optimization activities the Company executed so far during 2024 and sources of capital the Company has at its disposal for future use as well as the Company's current commitments for future uses of capital: During 2024, the Company's Board of Directors have declared and paid the following regular quarterly and supplemental dividends: \$0.121 per share of common stock. Declaration Date: February 28, 2024. Payment Date: March 28, 2024. Regular Quarterly Dividend per Share: \$0.121. Supplemental Dividend per Share: \$0.121. Total Dividends Paid: \$15.3 million. As of September 30, 2024, the Company's Board of Directors declared a regular quarterly cash dividend of \$0.12 per share of common stock and a supplemental dividend of \$1.08 per share of common stock. Both dividends will be paid on December 27, 2024 to stockholders of record as of December 13, 2024. Also, during the quarter ended September 30, 2024, we repurchased and retired 501,646 shares of our common stock in open-market purchases, at an average price of \$49.81 per share, for a total cost of \$25.0 million. In continuation of our strategic fleet optimization program, in February 2024, we entered into agreements for the en bloc purchase of four 2015-built and two 2014-built MR Product Carriers for an aggregate purchase price of \$232 million. Eighty-five percent of the 40INTERNATIONAL SEAWAYS, INC. purchase price consideration was funded from available liquidity and the balance of 15% with the issuance of common stock. All of the six vessels were delivered during the second quarter of 2024. An automatic shelf registration statement on Form S-3 was filed with the SEC on April 29, 2024 that, in connection with prospectus supplements filed during the second quarter of 2024, registered the aggregate 623,778 shares that were issued in conjunction with these vessel acquisitions and facilitated the seller's ability to offer and sell or otherwise dispose of the shares of common stock issued to them under this transaction. During the nine months ended September 30, 2024, we entered into agreements for the sale of one 2009-built MR and two 2008-built MRs for aggregate net proceeds of approximately \$72 million after fees and commissions. The vessels were delivered to their buyers between the second and third quarters of 2024 and we recognized total gains on the sales of approximately \$41.4 million. In March 2024 we also declared options to build two additional dual-fuel ready LNG 73,600 dwt LR1 Product Carriers at the same shipyard where our other four newbuild LR1s are currently under construction. The six LR1s are expected to be delivered beginning in the second half of 2025 through the third quarter of 2026 for an aggregate cost of approximately \$359 million, which will be paid for through a combination of long-term financing and available liquidity. Further building on our liquidity enhancing, deleveraging and financing diversification initiatives, we executed the following transactions: On April 18, 2024, we prepaid the \$20.3 million outstanding principal balance under the ING Credit Facility. On April 26, 2024, we entered into an agreement to amend and extend our existing \$750 Million Credit Facility, under which the Company had a remaining term loan balance of \$94.6 million and undrawn revolver capacity of \$257.4 million at March 31, 2024. The new agreement consists of a \$500 million revolving credit facility (the \$500 Million Revolving Credit Facility) that matures in January 2030. Under the terms of the \$500 Million Revolving Credit Facility, capacity is reduced on a quarterly basis by approximately \$12.8 million each quarter, based on a 20-year age-adjusted profile of the collateral vessels. The \$500 Million Revolving Credit Facility bears an interest rate based on term SOFR plus the Applicable Margin (each as defined in the credit agreement). The Applicable Margin is 1.85% and is subject to similar sustainability-linked features as included in the \$750 Million Credit Facility, that are aimed at reducing the carbon footprint, targeting expenditures toward energy efficiency improvements and maintaining a safety record above the industry average. The Company's performance against these sustainability measures could impact the margin by five basis points. At the time of closing, after \$94.6 million was drawn on the new revolver, our overall undrawn revolver capacity increased by \$148 million to \$559.4 million. As of September 30, 2024, the undrawn revolver capacity under this facility was \$392.6 million. By entering into the \$500 Million Revolving Credit Facility we have (i) eliminated \$19.5 million in mandatory quarterly debt repayments since the balance drawn on closing is not required to be repaid until Maturity, (ii) reduced cash break evens by over \$3,000 per day, (iii) extended the maturity profile of the facility from 2027 to 2030, and (iv) reduced future interest expense through a margin reduction of over 85 basis points. As of September 30, 2024, the Company has contractual commitments for the construction of six dual-fuel ready LR1s, and the purchase and installation of one ballast water treatment system and seven mewis ducts, the final outstanding installment payments due for three ballast water treatment systems that were installed prior to September 30, 2024, and purchase and installation of various performance efficiency devices for the fleet. The Company's debt service commitments and aggregate purchase commitments for vessel construction and betterments as of September 30, 2024, are presented in the Aggregate Contractual Obligations Table below. Outlook: Our strong balance sheet, as evidenced by a substantial level of liquidity, 34 unencumbered vessels (excluding the six LR1s under construction) as of September 30, 2024, and diversified financing sources with debt maturities spread out between 2030 and 2031, positions us to support our operations over the next twelve months as we continue to advance our vessel employment strategy, which seeks to achieve an optimal mix of spot (voyage charter) and long-term (time charter) charters. Our balance sheet strength and balanced fleet position us to continue pursuing our disciplined capital allocation strategy of fleet renewal, incremental debt reduction and returns to shareholders and pursue potential strategic opportunities that may arise within the diverse sectors in which we operate. 41INTERNATIONAL SEAWAYS, INC.'s Aggregate Contractual Obligations: A summary of the Company's long-term contractual obligations as of September 30, 2024 follows: Beyond (Dollars in thousands) 2024 \$205.6 million, 2025 \$160.1 million, 2026 \$133.9 million, 2027 \$103.1 million, 2028 \$89.8 million, 2029 \$73.4 million, 2030 \$61.6 million, 2031 \$51.6 million, 2032 \$43.8 million, 2033 \$37.1 million, 2034 \$31.2 million, 2035 \$25.9 million, 2036 \$21.1 million, 2037 \$17.1 million, 2038 \$13.7 million, 2039 \$10.3 million, 2040 \$7.9 million, 2041 \$5.9 million, 2042 \$4.4 million, 2043 \$3.3 million, 2044 \$2.5 million, 2045 \$1.9 million, 2046 \$1.4 million, 2047 \$1.0 million, 2048 \$0.7 million, 2049 \$0.5 million, 2050 \$0.4 million, 2051 \$0.3 million, 2052 \$0.2 million, 2053 \$0.1 million, 2054 \$0.1 million, 2055 \$0.1 million, 2056 \$0.1 million, 2057 \$0.1 million, 2058 \$0.1 million, 2059 \$0.1 million, 2060 \$0.1 million, 2061 \$0.1 million, 2062 \$0.1 million, 2063 \$0.1 million, 2064 \$0.1 million, 2065 \$0.1 million, 2066 \$0.1 million, 2067 \$0.1 million, 2068 \$0.1 million, 2069 \$0.1 million, 2070 \$0.1 million, 2071 \$0.1 million, 2072 \$0.1 million, 2073 \$0.1 million, 2074 \$0.1 million, 2075 \$0.1 million, 2076 \$0.1 million, 2077 \$0.1 million, 2078 \$0.1 million, 2079 \$0.1 million, 2080 \$0.1 million, 2081 \$0.1 million, 2082 \$0.1 million, 2083 \$0.1 million, 2084 \$0.1 million, 2085 \$0.1 million, 2086 \$0.1 million, 2087 \$0.1 million, 2088 \$0.1 million, 2089 \$0.1 million, 2090 \$0.1 million, 2091 \$0.1 million, 2092 \$0.1 million, 2093 \$0.1 million, 2094 \$0.1 million, 2095 \$0.1 million, 2096 \$0.1 million, 2097 \$0.1 million, 2098 \$0.1 million, 2099 \$0.1 million, 2100 \$0.1 million, 2101 \$0.1 million, 2102 \$0.1 million, 2103 \$0.1 million, 2104 \$0.1 million, 2105 \$0.1 million, 2106 \$0.1 million, 2107 \$0.1 million, 2108 \$0.1 million, 2109 \$0.1 million, 2110 \$0.1 million, 2111 \$0.1 million, 2112 \$0.1 million, 2113 \$0.1 million, 2114 \$0.1 million, 2115 \$0.1 million, 2116 \$0.1 million, 2117 \$0.1 million, 2118 \$0.1 million, 2119 \$0.1 million, 2120 \$0.1 million, 2121 \$0.1 million, 2122 \$0.1 million, 2123 \$0.1 million, 2124 \$0.1 million, 2125 \$0.1 million, 2126 \$0.1 million, 2127 \$0.1 million, 2128 \$0.1 million, 2129 \$0.1 million, 2130 \$0.1 million, 2131 \$0.1 million, 2132 \$0.1 million, 2133 \$0.1 million, 2134 \$0.1 million, 2135 \$0.1 million, 2136 \$0.1 million, 2137 \$0.1 million, 2138 \$0.1 million, 2139 \$0.1 million, 2140 \$0.1 million, 2141 \$0.1 million, 2142 \$0.1 million, 2143 \$0.1 million, 2144 \$0.1 million, 2145 \$0.1 million, 2146 \$0.1 million, 2147 \$0.1 million, 2148 \$0.1 million, 2149 \$0.1 million, 2150 \$0.1 million, 2151 \$0.1 million, 2152 \$0.1 million, 2153 \$0.1 million, 2154 \$0.1 million, 2155 \$0.1 million, 2156 \$0.1 million, 2157 \$0.1 million, 2158 \$0.1 million, 2159 \$0.1 million, 2160 \$0.1 million, 2161 \$0.1 million, 2162 \$0.1 million, 2163 \$0.1 million, 2164 \$0.1 million, 2165 \$0.1 million, 2166 \$0.1 million, 2167 \$0.1 million, 2168 \$0.1 million, 2169 \$0.1 million, 2170 \$0.1 million, 2171 \$0

contained on that site, or connected to that site, is incorporated by reference into this Quarterly Report on Form 10-Q.43INTERNATIONAL SEAWAYS, INC.ITEM 4. CONTROLS AND PROCEDURESDisclosure Controls and ProceduresAs 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 ReportingThere 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. PART II OTHER INFORMATIONItem 1. Legal ProceedingsSee Note 16, Contingencies, to the accompanying condensed consolidated financial statements for a description of the current legal proceedings, which is incorporated by reference in this Part II, Item 1. Item 1A. 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. 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 PurchasedAverage Price paid per ShareTotal Cost (in Millions)Total Number of Shares Purchased as Part of Publicly Announced ProgramApproximate Dollar Value of Shares that May Yet Be Purchased Under the Program(in Millions)July 2024 - \$50.0 August 2024 - \$50.0 September 2024 501,646\$49.81\$25.0 501,646\$25.0 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.44INTERNATIONAL 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. Mine Safety DisclosuresNot applicable. Item 5. Other InformationInsider Trading Arrangements and PoliciesDuring 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. Exhibits 31.1A 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. 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. EX-101.INS Inline XBRL Instance Document EX-101.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 (\*). 45INTERNATIONAL SEAWAYS, INC. SIGNATURESPursuant 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. INTERNATIONAL SEAWAYS, INC. (Registrant) 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 46Exhibit 31.1 CERTIFICATION OF CHIEF EXECUTIVE OFFICER PURSUANT TO RULE 13a-14(a) AND 15d-14(a), AS AMENDED, Lois K. Zabrocky, 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, 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 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