

**COVENANT TRANSPORTATION GROUP, INC.
ANNOUNCES TIMING OF THIRD QUARTER EARNINGS RELEASE
AND CONFERENCE CALL**

CHATTANOOGA, TENNESSEE – October 17, 2019 - Covenant Transportation Group, Inc. (Nasdaq/GS: CVTI) announced it plans to release its third quarter earnings after 4:00 p.m. Eastern time on Tuesday, October 22, 2019. Covenant Transportation Group, Inc. will hold a live conference call to discuss its third quarter earnings release on Wednesday, October 23, at 11:00 a.m. Eastern time. Individuals with questions may dial in at 800-351-4894 (U.S./Canada) and 800-756-3333 (International), access code CTG3. An audio replay will be available for one week following the call at 877-919-4059, access code 41015891. In addition, you will be able to listen to the audio replay for an extended period of time on our investor website, under the icon "Audio Archives". For additional financial and statistical information regarding the Company that may be discussed during the conference call, please visit our website at www.covenanttransport.com/investors under the tab "Earnings Info."

Covenant Transportation Group, Inc. is the holding company for several transportation providers that offer premium transportation services for customers throughout the United States. The consolidated group includes operations from Covenant Transport and Covenant Transport Solutions of Chattanooga, Tennessee; Southern Refrigerated Transport of Texarkana, Arkansas; Landair Transport and Landair Logistics of Greeneville, Tennessee; and Star Transportation of Nashville, Tennessee. In addition, Transport Enterprise Leasing, of Chattanooga, Tennessee is an integral affiliated company providing revenue equipment sales and leasing services to the trucking industry. The Company's Class A common stock is traded on the NASDAQ Global Select market under the symbol, "CVTI".

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