

Contango Oil & Gas Company (NYSE MKT: MCF) announced today it expects to issue its second quarter 2016 earnings release on Wednesday, August 3, 2016. In conjunction with the release, Contango will conduct a conference call to discuss the contents of that release on Thursday, August 4, 2016 at 9:30am Central Daylight Time.

Those interested in participating in the earnings conference call may do so by calling the following phone number: 1-800-533-7954, (International 1-785-830-1924) and entering the following participation code: 8469985. A replay of the call will be available from Thursday, August 4, 2016 at 12:30pm CDT through Thursday, August 11, 2016 at 12:30pm CDT by calling the following phone number: 1-888-203-1112, (International 1-719-457-0820) and entering participation code 8469985.

Additionally, the Company will present at Enercom's The Oil & Gas Conference 21 in Denver, CO on Monday, August 15, 2016 at 3:35pm Mountain Time (4:35pm CDT). A live audio webcast of the presentation can be accessed at <http://www.theoilandgasconference.com/togc-webcast/mcf/> or by visiting the Company's website at <http://www.contango.com>. A copy of the presentation will be available in the "Investor Relations" section of the website shortly before the Company presents.

Contango Oil & Gas Company is a Houston, Texas-based, independent energy company engaged in the exploration, development, exploitation, production and acquisition of natural gas and crude oil properties offshore in the shallow waters of the Gulf of Mexico and in the onshore Texas and Rocky Mountain regions of the United States. Additional information is available on the Company's website at <http://www.contango.com>.

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Contact

Contango Oil & Gas Company
E. Joseph Grady, 713-236-7400
Senior Vice President and Chief Financial Officer
or
Sergio Castro, 713-236-7400
Vice President and Treasurer