

CONTANGO OIL & GAS COMPANY

NEWS RELEASE

Contango to Present at the IPAA Oil & Gas Investment Symposium in San Francisco

SEPTEMBER 28, 2009 – HOUSTON, TEXAS – Contango Oil & Gas Company (NYSE Amex: MCF) Chairman and CEO, Kenneth R. Peak, will make a corporate presentation at the IPAA Oil & Gas Investment Symposium in San Francisco. Details for the presentation, live broadcast and replay are as follows:

Date & Time: Thursday, October 1, 2009 at 9:15 AM Pacific Time (11:15 AM Central Time)
Presenter: Kenneth R. Peak, Chairman and CEO
Live Webcast: <http://www.investorcalendar.com/CEPage.asp?ID=149933>
Replay: <http://www.investorcalendar.com/CEPage.asp?ID=149933>
Or www.contango.com (available shortly after presentation)

Contango is a Houston-based, independent natural gas and oil company. The Company's core business is to explore, develop, produce and acquire natural gas and oil properties primarily offshore in the Gulf of Mexico. Additional information can be found on our web page at www.contango.com.

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