

CONTANGO OIL & GAS COMPANY

NEWS RELEASE

Contango to Spud Ship Shoal 263 – Nautilus Prospect on October 10th and Updates Operations

OCTOBER 7, 2009 – HOUSTON, TEXAS – Contango Oil & Gas Company (NYSE Amex: MCF) announces that the Company's wholly-owned subsidiary, Contango Operators, Inc., was successful at the State of Texas Lease Sale held on October 6, 2009. We bid a total of approximately \$800,000 on five lease blocks, Galveston Area 50, 53, 59, 60 and 74; collectively, this prospect has been named "His Dudeness". All five blocks have been awarded.

The Company also announces that we have been awarded the three lease blocks we bid on at the Western Gulf of Mexico Lease Sale No. 210 on August 19, 2009. The Company was awarded Matagorda Island Blocks 607 and 616 (collectively, "El Duderino") and Matagorda Island Block 617 ("Dude").

Our current net production is approximately 88 million cubic feet equivalent per day. Contango remains debt-free and has approximately \$47.0 million of cash on hand and \$50.0 million of unused borrowing capacity.

Kenneth R. Peak, the Company's Chairman and Chief Executive Officer, said, "We expect to spud our Ship Shoal 263 ("Nautilus") prospect this weekend, and our goal is to also drill our "Dude" and "His Dudeness" prospects, and depending on the results of these prospects, perhaps our "El Duderino" prospect, all prior to our fiscal year end June 30, 2010."

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.

This press release contains forward-looking statements regarding Contango that are intended to be covered by the safe harbor "forward-looking statements" provided by the Private Securities Litigation Reform Act of 1995, based on Contango's current expectations and includes statements regarding acquisitions and divestitures, estimates of future production, future results of operations, quality and nature of the asset base, the assumptions upon which estimates are based and other expectations, beliefs, plans, objectives, assumptions, strategies or statements about future events or performance (often, but not always, using words such as "expects", "projects", "anticipates", "plans", "estimates", "potential", "possible", "probable", or "intends", or stating that certain actions, events or results "may", "will", "should", or "could" be taken, occur or be achieved). Statements concerning oil and gas reserves also may be deemed to be forward looking statements in that they reflect estimates based on certain assumptions that the resources involved can be economically exploited. Forward-looking statements are based on current expectations, estimates and projections that involve a number of risks and uncertainties, which could cause actual results to differ materially from those, reflected in the statements. These risks include, but are not limited to: the risks of the oil and gas industry (for example, operational risks in exploring for, developing and producing crude oil and natural gas; risks and uncertainties involving geology of oil and gas deposits; the uncertainty of reserve estimates; the uncertainty of estimates and projections relating to future production, costs and expenses; potential delays or changes in plans with respect to exploration or

development projects or capital expenditures; health, safety and environmental risks and risks related to weather such as hurricanes and other natural disasters); uncertainties as to the availability and cost of financing; fluctuations in oil and gas prices; risks associated with derivative positions; inability to realize expected value from acquisitions, inability of our management team to execute its plans to meet its goals, shortages of drilling equipment, oil field personnel and services, unavailability of gathering systems, pipelines and processing facilities and the possibility that government policies may change or governmental approvals may be delayed or withheld. Additional information on these and other factors which could affect Contango's operations or financial results are included in Contango's other reports on file with the Securities and Exchange Commission. Investors are cautioned that any forward-looking statements are not guarantees of future performance and actual results or developments may differ materially from the projections in the forward-looking statements. Forward-looking statements are based on the estimates and opinions of management at the time the statements are made. Contango does not assume any obligation to update forward-looking statements should circumstances or management's estimates or opinions change.

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