CONTANGO OIL & GAS CO Form 8-K March 03, 2016		
UNITED STATES		
SECURITIES AND EXCHANGE COMMISS	SION	
Washington, DC 20549		
FORM 8–K		
CURRENT REPORT		
PURSUANT TO SECTION 13 OR 15 (d) OF	THE	
SECURITIES EXCHANGE ACT OF 1934		
Date of Report (Date of Earliest Event Reporte	ed): March 2, 2016	
Contango Oil & Gas Company		
(Exact Name of Registrant as Specified in Cha	arter)	
Delaware	001-16317	95-4079863
(State or Other Jurisdiction of Incorporation)		(IRS Employer Identification No.)

717 Texas Ave., Suite 2900, Houston Texas 77002
(Address of Principal Executive Offices)
(713) 236-7400
(Registrant's telephone number, including area code)
(Registrant's telephone number, meruding area code)
Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):
[] Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
[] Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
[] Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 14d-2(b))
[] Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01Regulation FD Disclosure.

On March 2, 2016, Contango Oil & Gas Company issued a press release announcing year-end reserves and its preliminary 2016 capital strategy. A copy of the press release is attached hereto as Exhibit 99.1.

As provided in General Instruction B.2. of Form 8-K, the information furnished pursuant to Item 7.01 in this report on Form 8-K (including the press release attached as Exhibit 99.1 incorporated by reference in this report) shall not be deemed to be "filed" for purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or otherwise subject to the liabilities of that section, nor shall such information be deemed incorporated by reference in any filing under the Securities Act of 1933, as amended (the "Securities Act"), or the Exchange Act, except as shall be expressly set forth by specific reference in such a filing.

Item 9.01Financial Statements and Exhibits.

(d)Exhibits

Exhibit Number Description
99.1 Press Release dated March 2, 2016

SIGNATURES

Pursuant 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 hereunto duly authorized.

CONTANGO OIL & GAS COMPANY

Date: March 3, 2016 /s/ E. JOSEPH GRADY

E. Joseph Grady

Senior Vice President and Chief Financial Officer

Exhibit Index

Exhibit Number Description

99.1 Press Release dated March 2, 2016