CONTANGO OIL & GAS CO Form 8-K April 20, 2016 UNITED STATES		
SECURITIES AND EXCHANGE COMMISS	SION	
Washington, DC 20549		
FORM 8–K		
CURRENT REPORT PURSUANT TO SECT	TION 13 OR 15(d) OF THE	
SECURITIES EXCHANGE ACT OF 1934		
Date of report (date of earliest event reported): April 19, 2016		
CONTANGO OIL & GAS COMPANY		
(Exact Name of Registrant as Specified in Charter)		
D. 1	001 16215	05.4070060
Delaware	001-16317	95-4079863
(State or Other Jurisdiction of Incorporation)	(Commission File Number)	(IRS Employer Identification No.)
717 Texas Ave., Suite 2900, Houston Texas 77002		
(Address of Principal Executive Offices, including Zip Code)		

(713) 236-7400

(Registrant's telephone number, including 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.

Contango Oil & Gas Company (the "Company") has updated its investor presentation, which includes updated information about the Company's operations. A copy of the investor presentation has been posted to our website and can be found under the Investor Relations tab at www.contango.com.

The investor presentation may contain statements concerning the Company's or its management's expectations or predictions that are forward-looking statements. The Company's actual results could materially differ from those projected in such forward-looking statements. Factors that could affect such results included those mentioned in the Company's Annual Report on Form 10-K and other reports that the Company has filed with the Securities and Exchange Commission. The Company undertakes no obligation to update or revise any forward-looking statement to reflect new information or events.

In accordance with General Instruction B.2 of Form 8-K and the Securities and Exchange Commission Release No. 33-8176, the above information, and the information posted to our website, is being furnished under Item 7.01 of Form 8-K and shall not be deemed to be "filed" for purposes of Section 18 of the Securities Act of 1934, as amended, or otherwise subject to the liabilities of that section, and is not deemed to be incorporated by reference into any filings under the Securities Act of 1933, as amended, or the Securities Exchange Act of 1934, as amended.

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: April 20, 2016 /s/ E. JOSEPH GRADY

E. Joseph Grady

Senior Vice President and Chief Financial Officer