

April 22, 2021



Northern Oil and Gas, Inc. Announces First Quarter 2021 Earnings Release and Conference Call

MINNEAPOLIS--(BUSINESS WIRE)-- Northern Oil and Gas, Inc. (NYSE American: NOG) (“Northern” or the “Company”) announced today that it plans to issue its earnings release with respect to first quarter 2021 financial and operating results on Friday, May 7, 2021, before the market opens. Additionally, the Company will host a conference call on Friday, May 7, 2021 at 10:00 a.m. Central Time.

Those wishing to listen to the conference call may do so via phone or the Company’s webcast.

Conference Call and Webcast Details:

Date: May 7, 2021
Time: 10:00 a.m. Central Time
Dial-In: (866) 373-3407
International Dial-In: (412) 902-1037
Conference ID: 13719253
Webcast: [Northern Oil Webcast \(themediiframe.com\)](http://themediiframe.com)

Replay Information:

A replay of the conference call will be available through May 14, 2021 by dialing:

Dial-In: (877) 660-6853
International Dial-In: (201) 612-7415
Conference ID: 13719253

ABOUT NORTHERN OIL AND GAS

Northern Oil and Gas, Inc. is a company with a primary strategy of investing in non-operated minority working and mineral interests in oil & gas properties, with a core area of focus in the premier basins within the United States.

More information about Northern Oil and Gas, Inc. can be found at www.NorthernOil.com.

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