

Continental Resources Announces Key Upcoming Events

- 1. Project SpringBoard Conference Call on Tuesday, January 29, 2019 at 12:00 p.m. ET**
- 2. 2019 Projected Capital Budget/Guidance Release on Wednesday, February 13, 2019 after Market Close**
- 3. 4Q18 & Full-Year 2018 Earnings Release on Monday, February 18, 2019 after Market Close; Earnings Conference Call Scheduled for Tuesday, February 19, 2019 at 12:00 p.m. ET**

OKLAHOMA CITY, Jan. 23, 2019 /PRNewswire/ -- Continental Resources, Inc. (NYSE: CLR) ("Continental" or the "Company") announces the following upcoming events.

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1. Project SpringBoard Conference Call on Tuesday, January 29, 2019 at 12:00 p.m. ET

The Company plans to host a conference call to discuss recent operational results from Project SpringBoard. The conference call is scheduled for Tuesday, January 29th at 12 p.m. ET (11 a.m. CT). Following prepared remarks, the conference call will be open for Q&A. Those wishing to listen to the conference call may do so via the Company's website at www.CLR.com or by phone:

Time and date:	12 p.m. ET, Tuesday, January 29, 2019
Dial-in:	844-309-6572
Intl. dial-in:	484-747-6921
Conference ID:	9786067

A replay of the call will be available for 14 days on the Company's website or by dialing:

Replay number:	855-859-2056 or 404-537-3406
Intl. replay:	800-585-8367
Conference ID:	9786067

Continental plans to publish a SpringBoard presentation to its website at www.CLR.com prior to the start of its conference call on January 29, 2019.

2. 2019 Projected Capital Budget/Guidance Release on Wednesday, February 13, 2019 after Market Close

The Company plans to announce its 2019 budget and full-year guidance on Wednesday, February 13, 2019 following the close of trading on the New York Stock Exchange.

3. 4Q18 & Full-Year 2018 Earnings Release on Monday, February 18, 2019 after Market Close; Earnings Conference Call Scheduled for Tuesday, February 19, 2019 at 12:00 p.m. ET

The Company plans to announce fourth quarter and full-year 2018 results on Monday, February 18, 2019 following the close of trading on the New York Stock Exchange. The Company plans to host a conference call to discuss fourth quarter and full-year 2018 results on Tuesday, February 19, 2019 at 12:00 p.m. ET (11:00 a.m. CT). Those wishing to listen to the conference call may do so via the Company's website at www.CLR.com or by phone:

Time and date:	12 p.m. ET, Tuesday, February 19, 2019
Dial-in:	844-309-6572
Intl. dial-in:	484-747-6921
Conference ID:	5856777

A replay of the call will be available for 14 days on the Company's website or by dialing:

Replay number: 855-859-2056 or 404-537-3406
Int'l. replay: 800-585-8367
Conference ID: 5856777

Continental plans to publish a fourth quarter and full-year 2018 summary presentation to its website at www.CLR.com prior to the start of its conference call on February 19, 2019.

About Continental Resources

Continental Resources (NYSE: CLR) is a top 10 independent oil producer in the U.S. Lower 48 and a leader in America's energy renaissance. Based in Oklahoma City, Continental is the largest leaseholder and the largest producer in the nation's premier oil field, the Bakken play of North Dakota and Montana. The Company also has leading positions in Oklahoma, including its SCOOP Woodford and SCOOP Springer discoveries and the STACK plays. With a focus on the exploration and production of oil, Continental has unlocked the technology and resources vital to American energy independence and our nation's leadership in the new world oil market. In 2019, the Company will celebrate 52 years of operations. For more information, please visit www.CLR.com.

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