10/12/2011

Northern Oil & Gas, Inc. Announces Addition of New General Counsel

WAYZATA, Minn., Oct. 12, 2011 /PRNewswire/ -- Northern Oil and Gas, Inc. (NYSE/AMEX: NOG) ("Northern Oil") today announced the addition of Erik J. Romslo as its new Vice President, General Counsel and Secretary. James R. Sankovitz, who has served as the company's Chief Operating Officer, General Counsel and Secretary, will continue to serve as Northern Oil's Chief Operating Officer and oversee all day-to-day operations of the company.

Erik J. Romslo joins Northern Oil after practicing law in the Minneapolis office of Northern Oil's outside counsel, Faegre & Benson LLP, from 2005 until 2011, where he was a member of the Corporate group. His practice included a broad range of corporate representation, with an emphasis on public companies, corporate governance, and securities offerings and regulation. He has significant experience in the areas of SEC reporting, securities exchange rules and regulation, trading and disclosure practices, proxy regulation, executive compensation and stock-based compensation plans, Sarbanes-Oxley compliance, and mergers and acquisitions. Prior to joining Faegre, Mr. Romslo practiced law in the New York City office of Fried, Frank, Harris, Shriver & Jacobson LLP. Mr. Romslo holds a bachelor's degree from St. Olaf College and a law degree from the New York University School of Law.

James R. Sankovitz has served as Northern Oil's Chief Operating Officer since March 2010, and had also served as General Counsel since March 2008. Prior to joining Northern Oil, Mr. Sankovitz was a partner at the law firm of Adams, Monahan & Sankovitz, LLP from November 2004 to March 2008, where he represented various public and private companies and individuals concerning state and federal securities laws, corporate finance matters, mergers and acquisitions, capital structuring, regulatory compliance and other business-related matters. Mr. Sankovitz has assisted clients as an attorney and consultant in pursuing capital-raising transactions (including private placements, mergers, tender offers, bond offerings, bridge financings and bank financings), structuring complex transactions, completing mergers, acquisitions and similar transactions, developing strategic business plans, exploring licensing opportunities, evaluating cash needs and resources, negotiating various agreements and addressing securities law compliance and general corporate matters.

Michael Reger, Chief Executive Officer, commented, "We are very excited to have Erik Romslo join our growing team here at Northern, and believe his expertise and experience will help us as we continue to strengthen our corporate governance and internal controls."

ABOUT NORTHERN OIL AND GAS, INC.

Northern Oil and Gas, Inc. is an exploration and production company based in Wayzata, Minnesota. Northern Oil's core area of focus is the Williston Basin Bakken and Three Forks trend in North Dakota and Montana.

More information about Northern Oil and Gas, Inc. can be found at **www.NorthernOil.com** or by calling investor relations at 952-476-9800.

SAFE HARBOR

This press release contains forward-looking statements regarding future events and our future results that are subject to the safe harbors created under the Securities Act of 1933 (the "Securities Act") and the Securities Exchange Act of 1934 (the "Exchange Act"). All statements other than statements of historical facts included in this report regarding our financial position, business strategy, plans and objectives of management for future operations, industry conditions, and indebtedness covenant compliance are forward-looking statements. When used in this report, forward-looking statements are generally accompanied by terms or phrases such as "estimate," "project," "predict," "believe," "expect," "anticipate," "target," "plan," "intend," "seek," "goal," "will," "should," "may" or other words and similar expressions that convey the uncertainty of future events or outcomes. Items contemplating or making assumptions about actual or potential future sales, capital expenditures, market size, collaborations, and trends or operating results also constitute such forward-looking statements.

Forward-looking statements involve inherent risks and uncertainties, and important factors (many of which are beyond our Company's control) that could cause actual results to differ materially from those set forth in the forward-looking statements, including the following: oil and gas prices, our ability to raise capital, general economic or industry conditions nationally and/or in the communities in which our Company conducts business, changes in the interest rate environment, legislation or regulatory requirements, conditions of the securities markets, our ability to raise capital, changes in accounting principles, policies or guidelines, financial or political instability, acts of war or terrorism, other economic, competitive, governmental, regulatory and technical factors affecting our Company's operations, products, services and prices.

We have based these forward-looking statements on our current expectations and assumptions about future events. While our management considers these expectations and assumptions to be reasonable, they are inherently subject to significant business, economic, competitive, regulatory and other risks, contingencies and uncertainties, most of which are difficult to predict and many of which are beyond our control.

CONTACT:
Investor Relations
Erik Nerhus
952-476-9800

SOURCE Northern Oil and Gas, Inc.

Released October 12, 2011