



Harvest Oil & Gas Schedules Fourth Quarter and Full Year 2018 Earnings Release on Friday, March 29, 2019

March 21, 2019

HOUSTON, March 21, 2019 (GLOBE NEWSWIRE) -- Harvest Oil & Gas Corp. (OTCQX: HRST) ("Harvest") today announced plans to release 2018 fourth quarter and full year results on Friday, March 29, 2019 prior to market open. In addition, Harvest will announce its 2018 year-end proved reserves and 2019 guidance. In conjunction with the release, Harvest plans to post an updated investor presentation to the Investor Relations section of the Harvest website at www.hvstog.com.

About Harvest Oil & Gas Corp.

Harvest is an independent oil and gas company engaged in the efficient operation and development of onshore oil and gas properties in the continental United States. The Company's assets consist primarily of producing and non-producing properties in the Barnett Shale, the San Juan Basin, the Appalachian Basin (which includes the Utica Shale), Michigan, the Mid-Continent areas in Oklahoma, Texas, Arkansas, Kansas and Louisiana, the Permian Basin and the Monroe Field in Northern Louisiana. More information about Harvest is available on the internet at <https://www.hvstog.com>.

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