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FOR IMMEDIATE RELEASE

SilverBow Resources to Participate at the Jefferies 2018 Global Energy Conference

Houston, TX – November 7, 2018 – SilverBow Resources, Inc. (NYSE: SBOW) (“the Company”) announced today that the Company will present at the Jefferies 2018 Global Energy Conference in Houston, Texas on Tuesday November 27th, 2018. The Corporate Presentation being used will be accessible on the Company’s website at www.sbow.com under the “Investor Relations” section.

ABOUT SILVERBOW RESOURCES, INC.

SilverBow Resources (NYSE: SBOW) is a Houston-based energy company actively engaged in the exploration, development, and production of oil and gas in the Eagle Ford Shale in South Texas. With almost 30 years of history operating in South Texas, the Company possesses a significant understanding of regional reservoirs which we leverage to assemble high quality drilling inventory while continuously enhancing our operations to maximize returns on capital invested. For more information, please visit www.sbow.com.