

July 16, 2014



Torchlight Energy to Hold Operational Update Call

PLANO, TX -- (Marketwired) -- 07/16/14 -- [Torchlight Energy Resources, Inc.](http://www.torchlightenergy.com) (NASDAQ: TRCH) ("Torchlight Energy" or "the Company") today announced that the Company will host an investor conference call on Thursday, July 17, 2014 at 11:00 am ET to provide information regarding its current operations.

Date: Thursday, July 17, 2014

Time: 11:00 am ET

US Dial-In: 888-337-8169

International Dial-In: 719-325-2308

Conference ID: 3939197

Webcast: <http://public.viavid.com/index.php?id=110124>

A playback of the call will be available until 11:59 pm ET on August 15, 2014. To listen, call 1-877-870-5176 within the United States or 1-858-384-5517 when calling internationally. Please use the replay PIN number 3939197. The playback of the call will also be made available on the investor relations section of the Company's website.

About Torchlight Energy

Torchlight Energy Resources, Inc. (NASDAQ: TRCH), based in Plano, Texas, is a high growth oil and gas company with a primary focus on acquisition and development of highly profitable domestic oil fields. The company currently holds interests in Texas, Kansas and Oklahoma where its targets are established plays such as the Eagle Ford Shale, Mississippi Limestone and Hunton Limestone trends. For additional information on the company, please visit www.torchlightenergy.com.

Investor Relations

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Source: Torchlight Energy Resources, Inc.