

November 18, 2013



Torchlight Energy Announces Corporate and Operational Update Conference Call

PLANO, TX -- (Marketwired) -- 11/18/13 -- [Torchlight Energy Resources, Inc.](http://www.torchlightenergy.com) (OTCQB: TRCH) ("Torchlight Energy" or "the Company") today announced that the Company will host an investor conference call on Thursday, November 21, 2013 at 12:30 pm ET to provide a corporate and operational update.

The call will be hosted by Torchlight Energy's President and Director, John Brda.

Date: Thursday, November 21, 2013

Time: 12:30 pm ET

US Dial-In: 877-941-4774

International Dial-In: 480-629-9760

Conference ID: 4651739

Webcast: <http://public.viavid.com/index.php?id=106986>

A playback of the call will be available until 11:59 pm ET on November 23, 2013. 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 4651739. 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. (OTCQB: TRCH), based in Plano, Texas, is a high growth oil and gas Exploration and Production (E&P) 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 their 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.

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