CONTINENTAL RESOURCES INC
Form 8-K
March 30, 2010

UNITED STATES

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d)

of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): March 30, 2010 (March 29, 2010)

CONTINENTAL RESOURCES, INC.

(Exact name of registrant as specified in its charter)

Oklahoma	**001-32886**	**73-0767549**
(State or other jurisdiction of incorporation or organization)	**(Commission File Number)**	**(I.R.S. Employer Identification No.)**

302 N. Independence, Suite 1500

Enid, Oklahoma	**73701**
(Address of principal executive offices)	**(Zip Code)**

Registrant s telephone number, including area code: (580) 233-8955

Not Applicable.

(Former name or former address, if changed since last report.)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

¨ Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

¨ Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)

¨ Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

¨ Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01 Regulation FD Disclosure

In connection with the offering of senior notes as described below, Continental Resources, Inc. (the Company) affirmed its existing guidance for the year ending December 31, 2010 as follows:

Year ending December 31, 2010	
Production growth	Approximately 13%
Price differentials (1):	
Oil (Bbl)	$8 to $10
Gas (Mcf)	$1.25 to $1.75
Operating expenses per Boe:	
Production expense	$7.75 to $8.25
Production tax (percent of sales)	6.5% to 7%
Depreciation, depletion, amortization and accretion	$15 to $18
General and administrative expense (2)	$2.00 to $2.40
Non-cash stock-based compensation	$0.75 to $1.00
Income tax rate, percent of pre-tax income	38%
Percent of income tax deferred	95%

(1) Differential to calendar month average NYMEX futures price for oil and to average of last three trading days of prompt NYMEX futures contract for gas.
(2) Excludes non-cash stock-based compensation.

In accordance with General Instruction B.2 to Form 8-K, the information being filed under Item 7.01 shall not be deemed filed for purposes of Section 18 of the Securities Exchange Act of 1934 or otherwise subject to the liabilities of that section, nor shall it be deemed incorporated by reference in any filing.

Item 8.01 Other Events.

On March 29, 2010, the Company issued a press release announcing that it intends to commence its offering of senior notes due 2020. The Company is filing a copy of the press release as Exhibit 99.1 hereto, which is incorporated by reference to this Item 8.01.

This press release shall not constitute an offer to sell or the solicitation of an offer to buy, nor shall there be any sale of these securities in any state in which the offer, solicitation or sale would be unlawful prior to the registration or qualification under the securities laws of any such state.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits.

Exhibit No.	**Description**
99.1	Press release dated March 29, 2010.

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

CONTINENTAL RESOURCES, INC.
(Registrant)

Date: March 30, 2010

By: /s/ John D. Hart
John D. Hart
Senior Vice President, Chief Financial Officer and Treasurer

EXHIBIT INDEX

Exhibit No.	Description
99.1	Press release dated March 29, 2010.