NORTHERN OIL & GAS, INC. Form 8-K September 30, 2016

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): September 27, 2016

NORTHERN OIL AND GAS, INC.(Exact name of Registrant as specified in its charter)Minnesota001-3399995-3848122(State or other jurisdiction
of incorporation)(Commission File Number)(IRS Employer
Identification No.)

315 Manitoba Avenue – Suite 200
Wayzata, Minnesota
(Address of principal executive offices) (Zip Code)
Registrant's telephone number, including area code (952) 476-9800

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): o Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425) o Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12) o Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b)) o Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c)) Item Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers;5.02. Compensatory Arrangements of Certain Officers.

On September 27, 2016, the compensation committee of the board of directors of Northern Oil and Gas, Inc. (the "Company") awarded Thomas Stoelk, the Company's CFO and interim CEO, a \$250,000 bonus in recognition of his increase in duties with his assumption of the interim CEO position. The first \$100,000 of the bonus is payable on September 30, 2016, and the remaining \$150,000 will be payable on December 31, 2016.

SIGNATURES

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 hereunto duly authorized.

NORTHERN OIL AND GAS, INC. By /s/ Erik J. Romslo Date: September 30, 2016 Erik J. Romslo Executive Vice President, General Counsel and Secretary