

FORM 7
MONTHLY PROGRESS REPORT
For the Month of August 2019

Name of CSE Issuer:	Mistango River Resources Inc. (the "Issuer")
Trading Symbol:	MIS
Number of Outstanding Listed Securities:	55,482,571
Date of filing:	September 5, 2019

Report on Business:

1. *Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.*

During the month of June, the Company raised funds to recommence work on its Omega Project, Mistango's key asset. In August, the Company received its' exploration permit from the Ministry of Northern Development and Mines and commenced its Phase V drilling program on the Omega project.

2. *Provide a general overview and discussion of the activities of management.*

Further to the Board of Directors and management retaining Adiuware Geology and Engineering Inc. ("**Adiuware**") to assist with the Omega Project campaign. During the month of August, the Board of Directors and management also welcomed Ms. Tammy Huard, BSc, to the Mistango team as drilling supervisor.

Management continues to seek additional financing opportunities to further develop its properties.

3. *Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs or acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario Securities law.*

See # 1 and 2 above.

4. *Describe and provide details of any products or services that were discontinued. For resource companies, provide detail of any drilling, exploration or production programs that have been amended or abandoned.*

See # 1 and 2 above.

5. *Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements or licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.*

See # 2 above. Both Adiuware and Ms. Huard are independent third-party service providers.

6. *Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.*

Not applicable.

7. *Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.*

Not applicable.

8. *Describe the acquisition of new customers or loss of customers.*

Not applicable.

9. *Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.*

Not applicable.

10. *Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.*

There were no hiring's, terminations or lay-offs during the month of August.

11. *Report on any labour disputes and resolutions of those disputes if applicable.*

Not applicable.

12. *Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.*

Not applicable.

13. *Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.*

Not applicable.

14. *Provide details of any securities issued and options or warrants granted.*

None.

15. *Provide details of any loans to or by Related Persons*

Not applicable.

16. *Provide details of changes in directors, officers, or committee members.*

See # 10 above.

17. *Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.*

The Issuer is affected by resource commodity prices as well as the equity markets' interest in financing junior mineral exploration companies.

Certificate of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been Duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there is no material information concerning the Issuer Which has not been publicly disclosed.
3. The undersigned hereby certifies to CSE that the Issuer is compliant with The requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all CSE Requirements (as defined in CSE Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: August 31st, 2019.

Name of Director or Senior Officer: Robert J. Kasner

Signature:

Official capacity: Chairman, Chief Executive Officer and Director

Issuer details Mistango River Resources Inc.	For Month End August 2019	Date of Report September 5, 2019
Issuer address P.O. Box 546, 4 Al Wende Avenue,		
City/Province/Postal Code Kirkland Lake, Ontario, Canada P2N 3J5	Issuer Fax Number (705) 567 5557	Issuer Telephone Number (705) 567 5351
Contact Name Robert J. Kasner	Contact Position President, CEO, and Director	Contact Telephone Number (705) 567 5351
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