

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Irving Resources Inc. (the "Issuer").

Trading Symbol: IRV

Number of Outstanding Listed Securities: 48,199,867

Date: July 5, 2019

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

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, the Issuer continued with drilling at its Omu Gold Project in Hokkaido, Japan.

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

During the month, management completed its year-end audit and on June 21, 2019, the Issuer filed its audited financial statements for the year ended February 28, 2019.

During the month, the Issuer filed its notice of the Annual General Meeting, which will be held on August 28, 2019.
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 and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

During the month, the Issuer provided an update on drilling and loop electromagnetic ("EM") surveys. Assays from hole 19OMS-002 showed continuous gold and silver mineralization over 152 m, including multiple significant vein and vein breccia zones and two phases of mineralization are evident at the Omu Sinter. Holes 19OMS-004 and 19OMS-005 intercept veins are displaying similar sulfide assemblages to those seen in the high-grade vein encountered in hole 19OMS-002. In addition, a recent ground loop EM survey showed a detailed picture of structure and stratigraphy at the Omu Sinter, further helping to define the high-grade target.
4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

None
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 and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

None
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.

None
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.

None

8. Describe the acquisition of new customers or loss of customers.
None
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.
None
10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.
None
11. Report on any labour disputes and resolutions of those disputes if applicable.
None
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.
None
13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.
None
14. Provide details of any securities issued and options or warrants granted.

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Common Shares	25,000	Exercise of warrants	N/A

(1) State aggregate proceeds and intended allocation of proceeds.

15. Provide details of any loans to or by Related Persons.
None
16. Provide details of any changes in directors, officers or committee members.
None
17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.
Management is not aware of any trends in the Issuer's markets, or political or regulatory trends, arising in June 2019 that could have a direct impact on the Issuer.

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 were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: July 5, 2019.

Akiko Levinson
Name of Director or Senior
Officer

signed "Akiko Levinson"
Signature
President
Official Capacity

Issuer Details:	For Month End:	Date of Report
Irving Resources Inc.	<u>June 2019</u>	<u>2019/07/05</u>
Issuer Address		
999 Canada Place, Suite 404		
City/Province/Postal Code: Vancouver, BC V6C 3E2	Issuer Fax No.: (604) 641-1214	Issuer Telephone No.: (604) 682-3234
Contact Name: Akiko Levinson	Contact Position: President	Contact Telephone No.: (604) 682-3234
Contact Email Address: <u>Akiko@IRVresources.com</u>	Web Site Address: <u>www.IRVresources.com</u>	