

Strategic Oil & Gas Announces Stock Option Grant

CALGARY, Alberta, July 10, 2018 (GLOBE NEWSWIRE) -- **Strategic Oil & Gas Ltd.** (TSXV:SOG) ("**Strategic**" or the "**Company**") announces that on July 9, 2018 the Company issued 300,000 stock options. Each stock option entitles the holder to acquire one common share of the Company for a period of five years at a price of \$0.83 per share. These options are issued in accordance with Strategic's incentive stock option plan.

About Strategic Oil & Gas

Strategic is a junior oil and gas company committed to becoming a premier northern oil and gas operator by exploiting its light oil assets primarily in northern Alberta. The Company maintains control over its resource base through high working interest ownership in wells, construction and operation of its own processing facilities and a significant undeveloped land and opportunity base. Strategic's primary operating area is at Marlowe, Alberta. Strategic's common shares trade on the TSX Venture Exchange under the symbol SOG.

The TSXV has in no way passed on the merits of this news release. Neither the TSXV nor its Regulation Services Provider (as that term is defined in policies of the TSXV) accepts responsibility for the adequacy or accuracy of this release.

ADDITIONAL INFORMATION

Additional information, including the Company's recently updated corporate presentation, is also available at www.sogoil.com and at www.sedar.com.

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