Strategic Oil & Gas Ltd. Announces Stock Option Grant

CALGARY, Alberta, Feb. 21, 2018 -- Strategic Oil & Gas Ltd. ("Strategic" or the "Company") (TSX-V:SOG) announces the issuance of 928,000 stock options to directors, officers and employees. Each option entitles the holder to acquire one common share of the Company for a period of five years at a price of $1.05 per share. These options are issued in accordance with the Company's incentive stock option plan.

ABOUT STRATEGIC

Strategic is a junior oil and gas company committed to growth by exploiting its light oil assets in Canada. Strategic's common shares trade on the TSX Venture Exchange under the symbol SOG.

ADDITIONAL INFORMATION

Additional information is also available at www.sogoil.com and at www.sedar.com.

For more information, please contact:

Cody Smith	**Aaron Thompson**
COO and Interim CEO	Chief Financial Officer

Strategic Oil & Gas Ltd.
1100, 645 7th Avenue SW
Calgary, AB T2P 4G8
Telephone: 403.767.9000
Fax: 403.767.9122