

Strategic Oil & Gas Ltd. Announces Grant of Stock Options

CALGARY, ALBERTA--(Marketwired - April 26, 2013) - Strategic Oil & Gas Ltd. ("Strategic" or the "Company") (TSX VENTURE:SOG) announces that it has granted 175,000 options at an exercise price of \$1.14 to a director of the Company. Each option entitles the holder to acquire an equivalent number of common shares of the Company for a period of five years and was issued in accordance with the Company's incentive stock option plan.

ABOUT STRATEGIC

Strategic is a well-capitalized junior oil and gas company committed to growth by exploiting its light oil assets in Canada. Strategic is primarily focused on implementing development plans for its light oil properties, while continuing to review other high impact light oil resource plays. 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.

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

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