

Strategic Oil & Gas Announces Management Changes

CALGARY, Alberta, May 30, 2018 (GLOBE NEWSWIRE) -- **Strategic Oil & Gas Ltd.** (TSXV:SOG) ("**Strategic**" or the "**Company**") is pleased to announce that Amanda Reitenbach will be joining the Company as Vice-President, Development and Operations effective July 9, 2018. Ms. Reitenbach was most recently development manager for the Cardium and Deep Basin operating unit at an intermediate publicly traded oil and gas company, where she was successful in building a high performance technical team and delivering significant oil production and value growth at attractive metrics over the past three years. Ms. Reitenbach has over 20 years of engineering and development experience in the oil & gas industry, and Strategic looks forward to utilizing her skills and expertise as the Company moves forward with its value generation plan for the Muskeg light oil development at Marlowe.

The Company also announces that Chief Operating Officer Cody Smith has resigned to pursue other opportunities. Strategic wishes to thank Mr. Smith for his efforts over his six years with the Company and wishes him well in future endeavors. During his tenure Strategic has made significant progress in developing the Muskeg resource play.

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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