

Strategic Oil & Gas Ltd. Announces Executive Appointment

CALGARY, ALBERTA--(Marketwire - July 20, 2011) - Strategic Oil & Gas Ltd. ("Strategic" or the "Company") (TSX VENTURE:SOG) is pleased to announce that Mr. Gurpreet Singh Sawhney has been appointed President of the Company. Mr. Sawhney is a professional engineer with over 18 years of experience in the oil industry. Mr. Sawhney has been the Vice-President Business Development with Strategic Oil & Gas Ltd. since March 1, 2009. As President of the Company, Mr. Sawhney will be reporting directly to Arn Schoch, CEO and Chairman of the Board.

From 1993 to 1996, Mr. Sawhney worked with PanCanadian Petroleum Ltd., as a reservoir simulation specialist, before leaving to found and manage Reservoir Modelling & Management Ltd. (Res Mod Man) a consultancy group providing reservoir management services to numerous domestic and international clients, including Pan-Canadian Petroleum, Norcen Energy, Husky Energy, Vermilion Energy, Anadarko Petroleum, British Gas, Verenex Energy, Capitol Energy, Highpine Oil and Gas, Daylight Energy and Wave Energy. Mr. Sawhney has worked on over 100 oil and gas field development projects. Mr. Sawhney has assisted with successful projects like the Wayburn CO2 Flood, the Dixonville Montney Waterflood and the Lower Shaunavon Horizontal Well Resource play.

Mr. Sawhney holds a B.Eng. degree in Chemical Engineering from Panjab University, India, and an M.Sc. and an MBA, both from the University of Calgary, Canada.

About Strategic

Strategic is a well capitalized junior oil and gas company with an unutilized line of credit, committed to growth by exploiting its light oil assets in Maxhamish, northeast BC and Steen River in northwest Alberta. Strategic's highly regarded subsurface technical team 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.

Further information with respect to the Company can be found on its website at www.sogoil.com.

FORWARD LOOKING INFORMATION: *Certain information set forth in this document, including management's assessment of future plans and operations, contains forward-looking statements. By their nature, forward-looking statements are subject to numerous risks and uncertainties, some of which are beyond our control. Those risks include, without limitation, the effect of general economic conditions, risks associated with oil and gas exploration, development, production, marketing and transportation, loss of markets, industry conditions and competition, volatility of commodity prices, currency fluctuations, imprecision of reserve estimates, environmental risks, competition from other industry participants, the ability to access qualified personnel and oilfield services, decisions by regulators, and the ability to access sufficient capital from internal and external sources. Readers are cautioned not to place undue reliance on the forward-looking statements as the assumptions used in the preparation of such information, although considered reasonable at the time of preparation, may prove to be imprecise and actual results, performance or achievements could materially differ from those expressed or implied in such forward-looking statements and accordingly, no assurance can be given that any of the events anticipated by forward looking statements will transpire or occur, or if any of them do so, what benefit Strategic will derive there from. The Company does not assume the obligation to revise or update this forward-looking information after the date of this release or to revise such information to reflect the occurrence of future unanticipated events, except as may be required under applicable securities laws.*

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.

FOR FURTHER INFORMATION PLEASE CONTACT:

Contact:

Strategic Oil & Gas Ltd.

Arn Schoch

CEO

403.718.0183 ext. 242 or 403.870.1245 (cell)

403.718.0184 (FAX)

**Strategic Oil & Gas Ltd.
1800, 510 5th Street SW
Calgary, AB T2P 3S2
www.sogoil.com**

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