

FOR IMMEDIATE RELEASE

April 19, 2011

**STRATEGIC OIL & GAS LTD. ANNOUNCES 2011 CAPITAL BUDGET AND
UPDATE ON FIRST QUARTER OPERATIONS**

Calgary, Alberta - Strategic Oil & Gas Ltd. ("Strategic" or the "Company") (TSXV: SOG) is pleased to announce its 2011 capital budget and provides an update on operations in the first quarter of 2011.

2011 Capital Program

The Board of Directors of Strategic recently approved the 2011 capital spending budget of \$25.1 million. The spending program consists of:

- Drilling, completions and tie-ins - \$15.7 million
- Workovers, recompletions and optimization - \$1.9 million
- Land - \$1.0 million
- Seismic - \$ 3.6 million
- Roads, facilities and infrastructure - \$2.9 million

Over 95% of the capital spending will be allocated to the Company's primary light oil properties of Maxhamish and Steen River. Strategic exited the first quarter of 2011 with production over 1,000 boe/d and expects to exit the fourth quarter with production in the range of 1,600 to 2,000 boe/d (75% oil).

Operations Update, First Quarter of 2011

In the first quarter of 2011, Strategic aggressively pursued and completed 2 Keg River wells, a 3D seismic program and an all weather road into the North Marlow area of Steen River. Strategic has signed an agreement with Akita Drilling Ltd. to secure a drilling rig from August 2011 to April 2012. Over the next 12 months Strategic plans to drill up to 10 wells in Steen River, with drilling operations to resume in the third quarter.

At Maxhamish, the 2011 development program is proceeding. The all weather road is under construction with completion targeted for May, 2011. Drilling operations are expected to commence in June, 2011 with completion of 4 multi-frac horizontal wells by the fourth quarter.

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.

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BOE PRESENTATION: *Barrel ("bbl") of oil equivalent ("boe") amounts may be misleading particularly if used in isolation. All boe conversions in this report are calculated using a conversion of six thousand cubic feet of natural gas to one equivalent barrel of oil (6 mcf=1 bbl) and is based on an energy conversion method primarily applicable at the burner tip and does not represent a value equivalency at the well head.*

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