

## **Strategic Oil & Gas Ltd. Announces Executive Changes**

**CALGARY, ALBERTA--(Marketwire - July 26, 2012)** - Strategic Oil & Gas Ltd. (TSX VENTURE:SOG) ("Strategic" or the "Company") announces that Arn Schoch has resigned as CEO and will continue as Chairman of the Board. After founding the Company and overseeing its growth to over 2600 Boe/day, Arn Schoch commented, "The Company is in a great position, with a sound technical and management team, an inventory of light oil plays, and is well capitalized. As a shareholder and Board Chairman, I look forward to working with management to move Strategic to the next level."

The Company is pleased to announce that Gurpreet Sawhney will assume the role of CEO in addition to his current role as President.

Strategic is also pleased to announce the appointment of Mr. Douglas Wright as Vice President of Business Development. Mr. Wright is a professional engineer with a B.Sc. degree in Chemical Engineering and an MBA. He has over 25 years of experience in reservoir engineering and business development. The addition of Mr. Wright to the management team enhances the Company's capabilities in the assessment of corporate and prospect opportunities in the current business environment.

### **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.

**Further information with respect to the Company can be found on its website at [www.sogoil.com](http://www.sogoil.com).**

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.

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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