

NEWS RELEASE

DATE: July 30, 2009

Oilsands Quest announces filing of disclosure documents

Calgary, Alberta -- Oilsands Quest Inc. (NYSE Amex: BQI) (the "Company") announces that it has filed its statement of oil and gas information for the year ended April 30, 2009 on Form 51-101F1 together with the related report of its external qualified resources evaluator and report of the Corporation's management and directors pursuant to National Instrument 51-101 - *Standards of Disclosure for Oil and Gas Activities* of the Canadian Securities Administrators. A copy of the Company's statement of oil and gas information and related reports may be obtained on SEDAR at www.sedar.com.

About Oilsands Quest

Oilsands Quest Inc. (www.oilsandsquest.com) is exploring Canada's largest holding of contiguous oil sands permits and licences, located in Saskatchewan and Alberta, and developing Saskatchewan's first global-scale oil sands discovery. It is leading the establishment of the province of Saskatchewan's emerging oil sands industry.

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