

Lydia Salgo

Summer Law Student



Lydia is a student in BLG's Ottawa office. She is focusing on Corporate Law and Disputes.

She has a background in Life Sciences, Geology, and Liberal Arts.

In her spare time, Lydia enjoys sports and physical activities, including rugby, road cycling, and running with her dog. She competed on the Queen's University varsity rugby team from 2015 – 2019 and currently serves as an Assistant Coach with the Ottawa Irish Rugby Club.

Lydia chose BLG because of the firm's commitment to community service and collegiality.

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Education

- JD, University of Ottawa, 2024
- BA, Queen's University, 2020
- BScH, Queen's University, 2019