

Lydia Salgo

Articling Student



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Lydia is a student in BLG's Ottawa office for the 2024-2025 Articling term. She is focusing on Disputes and Corporate law.

She has a diverse academic background helping her succeed in several practice areas, including Health Law, Intellectual Property, and Tax.

In her spare time, Lydia enjoys watching and playing sports, including rugby, road cycling, and baseball. She competed on the Queen's University varsity rugby team from 2015 – 2019 and has volunteered as an Assistant Coach with the Ottawa Irish Rugby Club since 2022.

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Education

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