

# COMPETITIVE SWIMMER

# EILIDH SALGARINO

"AS A SWIMMING SPRINTER, FRACTIONS, DECIMALS, & PERCENTS ARE USEFUL TO HELP ME CALCULATE MY BEST TIMES."



Pronunciation:  
(ey-li sal-ga-ri-no)

Life: 2009 - present  
Location: Mountain House, California  
Known for: Swimming

## MATH HERO

As a swimmer, Eilidh uses math:

- To keep track of her progress with a pace clock. When performing sets, she uses subtraction to determine if she's speeding up or slowing down.
- When preparing for "50 Free" competitions. There are two courses: short (50 yards) and long (50 meters). She uses conversion & different strategies to maximize her energy.
- When flipping and rotating in the pool. Angles are important when pushing off the wall, rotating during a flip turn, and diving off the start block. A hundredth of a second could cost Eilidh the race.

## SWIMMING MY WAY TO SUCCESS

- Eilidh Salgarino is an 8th-grade student and competitive swimmer. Swim meets (races) measure time using place value and decimals to determine a winner.
- Eilidh swims to win! She's fast like lightning in the water. Competitive swimming takes a lot of strength, stroke technique, and practice. Her favorite strokes are fly, back, and free. Most pools used for lap swimming in high school and college are 25 yards long.
- Eilidh, which means "light", is taking advanced math classes and also loves to write. Her short essay was featured in multiple presentations through the "My Name, My Identity" campaign of the Santa Clara County Office of Education.

## REFERENCES

- B. Andres-Salgarino, personal communication, August, 2022
- Andres-Salgarino, B. (2022). *Eilidh Salgarino* [Photograph]. Personal Collection