

Farrah L. Hall
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Education:

May 2003 B.A., Biology, St. Mary's College of Maryland, St. Mary's City, MD
G.P.A., 3.6, Major G.P.A., 3.5
Honors: Cum laude, Dean's List 7 out of 8 semesters, Tri-Beta Biological Honors Society

Athletic Skills

- Racing Formula, longboard, and Olympic class windsurfers
- Distance swimming and running events
- Triathlon events
- Coaching swimming, running, sailing and windsurfing

Athletic Experience:

Winter 2004- Present

- Ranked #1 on US National Team after qualifying at Miami Olympic Classes Regatta, January 2009
- Won 2008 US Olympic Trials on the water; competed in 2008 European spring regattas and 2008 RS:X World Championships in Takapuna, New Zealand
- Lived in Poland in the summer of 2007 and 2008 to train with the Polish National Team
- Competed in 2007 US National Sailing Team qualifying regatta series (Long Beach and Miami); placed 3rd
- Competed in the 2006 Qingdao International Regatta (China) and the RS:X World Championships in Torbole, Italy
- Member of the St. Pete Masters Swim Team and competed in various distance swimming events
 - All-American in the 5K Postal Swim (age group 20-25)
 - First place in the Hurricane Man 2.4 Mile Rough Water Swim at Pass-a-Grille, FL (age group 20-25)
- Third place in the Windmill Dinghy 2005 Midwinters Championship in St. Petersburg, FL

Fall 2002-2006

United States National Sailing Team: Mistral Class (IMCO) and Neil Pryde RS:X

- Competed in the US Olympic Team Trials in Martin County, FL in 2002 and 2003; placed 4th and 5th respectively
- Member of the 2003 and 2006 US Olympic Sailing Team; 5th spot and 2nd spot respectively
- Member of 2007 US Olympic Sailing Team; 3rd spot

Summer 2002

- Selected by US Sailing to compete in the 2002 Athens Olympic Pre-Trials held in Athens, Greece

September 2000-May 2003

St. Mary's College Windsurfing Club, President

- Created and organized a successful club of 12 active members from scratch
- Organized and supervised club activities including lessons, trips, regattas, and community events
- Coordinated and contributed to fund raising, equipment purchasing, equipment donations, construction, and repair

September 2000-May 2003

- Member of the St. Mary's College Varsity Swim Team
- Member of the Chesapeake Bay Aquatic Club
- Competed in the 2000 Marine Corps Marathon in Washington, DC; also various road races in Maryland

Summer 2001

Sailing Instructor for the St. Mary's College of Maryland Youth Sailing Program

- Taught basic and advanced sailing skills to students 8-16 years of age
- Coordinated on-the-water sailing instruction and drills to groups of up to 24 students

Summer 1999-2000

Windsurfing and Sailing Instructor for Wind's Up! on Martha's Vineyard, Massachusetts

- Taught basic and intermediate windsurfing skills to groups of up to 6 students of all ages
- Taught basic and intermediate sailing skills to students in private lessons

1996-1999

- High school Varsity Cross Country and Track