

Ireland Armstrong, a 2013 graduate of Bath-Haverling High School had an amazing 3 years in spring track and field. She was a Livingston County Athletic Association All-Star each year and was an integral part in the only sectional team title the Bath girls have won in 2012. She is still the league record holder in the 400m low hurdles.

Ireland earned six sectional titles in the pole vault, 400m low hurdles, 100m high hurdles and the long jump. She added six more titles indoors in the pole vault, 300m dash, triple jump and 1500m race walk.

Ireland competed successfully in two state meets, winning the Division II state championship in the 400m low hurdles as well as finishing 3rd in the D-2 pole vault, placing her 9th over-all in 2012. In her final year of high school track and field she finished 2nd in both her specialty events, also picking up a Federation medal for her fifth over-all place in the pole vault.

Ireland was also Section Five's sportsmanship award winner at the 2013 spring state meet, an award she also won after the indoor season.

Ireland ended her career at Bath the holder of five individual events, the pole vault (11'7") 400m dash (59.2) 400m low hurdles (63.29) and 300m low hurdles as well as a member of all three relays. Her 11'7' mark in the pole vault still ranks her in the top ten all time performers in Section Five. She also holds four school records for indoor track.

Ireland's versatility earned her All Greater Rochester First Team honors in both 2012 and 2013 for both outdoor and indoor. She also won the Devin Snyder Memorial Award for Class B in 2013. She was team MVP twice and won several other school and local awards.

After graduation from Haverling High School she attended Division 1 South Alabama where she finished in the top 5 in the pole vault four times in the Sun Belt Conference. She had a personal best in the pole vault of 12'9.5" She graduated with Bachelor of Science and Master of Science in Health Education degrees.

Congratulations Ireland Armstrong and welcome to the Section Five Track and Field Hall of Fame.