Track and Field Star Breaks a 31-Year-Old BU Record

Senior Sarah Cicchetti makes her mark in the weight throw

When Boston University track and field’s Sarah Cicchetti spun and threw a 20-pound metal ball more than 56 feet in the season’s first meet, it was more than an impressive toss: it broke a 31-year-old school record in the weight throw. Cicchetti threw 56’8”, shattering the 54’1/2” set by Lauren Andrews (Sargent’87).

Bostonia caught up with Cicchetti (Questrom’19) to talk about her sport and her performance.

Bostonia: What’s the difference between the hammer throw and the weight throw?
The hammer throw is outdoors. This event is the weight throw. They’re technically different events, but the positions are the same when you’re throwing it.

Do you actually throw a hammer for hammer throw?
No, it’s an 8.8-pound ball on a three-foot wire and a handle. I get that question a lot. I’d say probably weekly I’ll have to explain to somebody what hammer throw is.

So, did you get recruited to college?
I got recruited for shot put, which was my best event in high school.

What was that transition like?
I still throw shot put, but it’s not my best event anymore.... The footwork for hammer and weight is so different from any of the other events that it was just a lot of learning, watching other people do it, and trying to learn it as quickly as possible because I only have four years.

You broke a 31-year-old record. How does that feel?
I mean, everybody comes to a new sport and thinks, I want to do really well. I want to do awesome. But actually being able to do it was crazy.

Did you think this was something you could accomplish?
Initially, I don’t really know, because I came in not ever having done the event, not knowing anything about it. I picked it up the first day and I threw, like, 35 feet. And one of the seniors who was here—Reuben Horace (CGS’14, Sargent’16)—he was practicing with me the first time I ever picked up a weight and said, “You’re gonna be so good at this.” And I was like, “Yeah, I don’t believe you,” because I threw 35 feet, which is not very far. And he was right, I think. I don’t know if that’s okay to say.

When you break the record, I think you’re allowed to say that.
I think so.

What is it about throwing that you enjoy so much?
When you know you executed the throw well, letting it go and seeing it go that far, is just a really satisfying feeling, like oh, I just launched that ball 150 feet, no problem.

Online: Watch a video of Sarah Cicchetti demonstrating the weight throw at bu.edu/bostonia.

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