

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

Senior Sarah Cicchetti makes her mark in the weight throw

Sarah Cicchetti (Questrom'19) took up the weight throw only after coming to BU.



**W**HEN 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. **JONATHAN CHANG (COM'19)**

**📺 ONLINE:** Watch a video of Sarah Cicchetti demonstrating the weight throw at [bu.edu/bostonia](http://bu.edu/bostonia).