

Gigante Hammers Out UNC Record

UNC's Sal Gigante broke his own school record in the hammer Saturday with a throw of 202 feet, 7 inches.

By T. NOLAN HAYES Sports Editor

M.C. Hammer was the rage across the United States in 1990 with "U Can't Touch This."

Sal Gigante lacks that popularity, but he's beginning to impress people in Chapel Hill with his own version of "Hammer Time."

Gigante, a sophomore from Scarsdale, N.Y., has already broken the North Carolina record in the hammer three times this season. He most recently broke the record Saturday, tossing the hammer 202 feet, 7 inches to eclipse the mark of 196-11 that he had set three weeks before.

Gigante will get a chance to break the record again this weekend, when he and the Tar Heels compete in the ACC Championships at Duke's Wallace Wade Stadium.

"I try to set short-term goals," said Gigante, who stands 6-foot-1 and weighs 215 pounds. "I want to win the discus and the hammer at the ACCs."

Gigante owns the third-best mark in UNC history in the discus with a throw of 171-2. He is considered a favorite to win ACC titles in the discus and the hammer and will need to come up big if the Tar Heels are to stay close with heavily favored Clemson.



UNC sophomore Sal Gigante is a favorite to win the hammer throw and discus at the ACC Championships.

Not long ago, a big performance in the ACC Championships was little more than a dream for Gigante. He developed bulging discs in his back in December 1998 that required surgery.

The injury occurred because Gigante's throwing technique, which helped him win a high school national championship in the 25-pound weight throw, put extra strain on his body when he had to throw heavier implements used in college track and field.

Gigante came back from surgery and has been working on his technique with UNC assistant Brian Bluteich, a 1992 Olympian in the discus. Bluteich said Gigante's work ethic has allowed him to begin reaching the potential that he showed in high school.

"He's the type of guy who's a workaholic," Bluteich said. "He'll keep training until someone tells him to stop."

Gigante tries to pattern himself after his hero, Arnold Schwarzenegger, in that regard.

"A lot of people look at him as just some idiot from Austria," Gigante said. "But it's amazing to see how his hard work, even though people told him he would never be anything, made him probably one of the most successful people in his business."

Gigante said he hopes for similar success, whether it comes with his throwing implements or with some other utensils. His lifelong goal is to follow in the footsteps of his uncle and grandfather and own an Italian restaurant.

But his current plan is to throw as long - and as far - as he can. That could be a long time - and a long way.

"If he can stay healthy and do what he's capable of doing, he should pretty much redefine what throwing is at Carolina," Bluteich said. "Hopefully down the road he'll be looking at ACC records and qualifying for nationals."

The Sports Editor can be reached at sports@unc.edu

ACC Outdoor Track and Field Championships

Schedule of events for Friday, April 21 and Saturday, April 22, including Men's Javelin, Decathlon 100-meter hurdles, etc.

Classified Advertising

Help Wanted: Healthy, Fertile Women Ages 18-35. Are invited to participate in a research study...

Help Wanted: Overnight heroes. If you're ready to join an elite company...

Help Wanted: Job #30 NIGHT RESEARCH. Work any 3 nights, Monday-Friday...

Help Wanted: CHILD CARE. TRIPLETS! SEEKING SUMMER NANNY...

For Rent: Great Location. Internet connections for each resident. Granville Towers...

For Rent: MILL CREEK. 2br, 2ba units available for May and August...

Sublets: 2 BEDROOMS IN 3 bedroom, 1 bath house on North St...

Roommates: FEMALE, N/S LOOKING for roommate starting 6/1 in 2-bd, 2.5-ba...

Help Wanted: FULL-TIME ASSISTANT director/instructor and part-time gymnastics...

Help Wanted: Operations Agents P/T, Mon-Fri PM Shifts. We rely on you for filing, data entry...

Help Wanted: ADVERTISING ACCOUNT EXECUTIVE. Advertising sales position with publishing company...

Child Care: LOVING DEPENDABLE BABYSITTER needed on an occasional basis...

For Rent: Townhomes from \$116,900 in Chancellor's Ridge. Now Preselling...

For Rent: NEW HOUSE FOR RENT. Fabulous location in Carboro. 3 large bedrooms...

Roommates: FEMALE NEEDS ROOMMATE for fall or summer. 2br, 2.5-ba townhouse...

Roommates: SEEKING NEAT AND serious student for 1-br bath in 2-bd/ bath apt...

Help Wanted: TSI Soccer. The nation's largest soccer catalog/retailer...

Help Wanted: Driver/Dock Workers. Early am and evening shifts are available...

Summer Jobs: ONLY THREE WEEKS left until the summer ends... Looking now...

Child Care: NANNY WANTED. 4yo twins 15-20 hrs/wk, flexible schedule...

For Rent: Spacious Modern 6 Bedroom, 5 Bath Townhouse. On bus line, convenient to UNC...

For Rent: 1-BR WITH private bath available in 2-br apt. Fully furnished...

Roommates: FEMALE SEEKING 2 roommates for fall 4-br penthouse apt...

Parking: OFF-STREET PARKING. 1st block of North St, close to campus...

Help Wanted: WAIT STAFF AND BARTENDERS. Hope Valley Country Club is now hiring full-time/part-time...

Help Wanted: AIRBORN EXPRESS. COME JOIN OUR team! Full and Part-time team member...

Child Care: NANNY NEEDED to care for 2 children (3 years and 11 months) in our SW Durham home...

For Sale: LARGE SOFA, \$50. Call if interested, 969-7241.

For Rent: FREE APARTMENT in exchange for afternoon child care M-F. One mile from campus...

For Rent: 2 BR 1 1/2 BA apartment beginning early May. \$665/month...

Roommates: FEMALE SEEKING ROOMMATE for summer. 3-bd/2-ba, W/D included...

Parking: OFF-STREET PARKING. 1st block of North St, close to campus...

Help Wanted: INTERNSHIP/ VOLUNTEERS IDEAL OPPORTUNITY to work with growing non-profit organization...

Help Wanted: LIFE GUARDS, POOL MANAGERS AND SERVICE TECHNICIANS wanted for the summer of 2000...

Child Care: SUMMER CHILD CARE needed for 4 boys 7am-3pm M-F...

For Sale: FURNITURE, BIKE and bike rack for sale. Graduate student relocating...

For Rent: EQUAL HOUSING OPPORTUNITY. ALL REAL ESTATE AND RENTAL advertising in this newspaper...

For Rent: 2 BR 2 BA APARTMENT BEGINNING early to mid-May...

Roommates: THREE FEMALES SEEKING 2 roommates for 2000-2001 school year...

Parking: OFF-STREET PARKING. 1st block of North St, close to campus...

Help Wanted: Autism. Fulltime and part-time direct care employees currently needed...

Help Wanted: ACTIVISTS. Jobs for the environment work with the Sierra Club...

Child Care: RENT FOR CHILD CARE. Come live in our Carboro home...

For Sale: WHEELS FOR SALE. 1991 MITSUBISHI ECLIPSE GS, 110k miles...

For Rent: POLICE IMPOUNDS. Cars from \$500! For listings call 1-800-719-3001...

For Rent: TICKETS. FOUR UPPER level tickets for sold-out NSYNC Show in Raleigh...

Real Estate: REAL ESTATE. 96 SINGLE W/DRM/SHINGLES, 14-0.7. 2-bd, 2-ba. Excellent condition...

For Rent: COLUMBIA PLACE. 3-bdr/2-bath 1 year old townhouse...

HOROSCOPES by linda c. black. Today's Birthday (April 18). Save your pennies this year, and you may be able to take another honeymoon...