

Sports Quiz
General Questions and Answers on Athletics

1. What is the another name of ATHLETICS.
(a) Sports
(b) **Track &Field**
(c) Gymnastics
(d) Decathlon
2. Time shall be taken from the.
(a) Sound of Gun
(b) **Flash smoke**
(c) Whistle
(d) None of these.
3. How many types of tracks are there?
(a) **Two type**
(b) Three type
(c) Four type
(d) Five type
4. How many lanes are there in a standard track?
(a) **6 to 9**
(b) 8 to 9
(c) 10 to 12
(d) 11 to 13
5. The following are the standard distance of hurdler Race for men.
(a) 100 & 400 mts.
(b) **110 & 400 mts.**
(c) 80 & 200 mts.
(d) All of these.
6. Direction of running shall be.
(a) Right hand side
(b) **Left hand side**
(c) curve- running
(d) none of these.
7. Standard width of the lane shall be.
(a) 1.20 mts
(b) 1.22 mts
(c) **1.22 to 1.25 mts.**
(d) 110 mts.
8. The Standard distance of Marathon Race.
(a) 26 kms.
(b) 42 kms.
(c) **42.195 kms**
(d) 42.123 kms

9. The procedure of doping test is including the collection of.

- (a) Sugar sample
- (b) **Urine sample**
- (c) stool Sample
- (d) Blood Sample

10. How many athletes may be used as substitutes in Relays race event

- (a) **One athlete.**
- (b) Two athlete
- (c) Three athlete
- (d) none of these.

11. Landing area of High jump event should be.

- (a) 5x2 mts
- (b) **5x3 mts**
- (c) 5x4 mts
- (d) 5x5 mts.

12. Landing area of Pole vault event should be.

- (a) 6x4 mts
- (b) 5x3 mts
- (c) 5x4 mts
- (d) **5x5 mts.**

13. Landing area of long jump event should be.

- (a) 10x2.75 mts
- (b) 9x3 mts
- (c) 9x4 mts
- (d) **9x2.75 mts.**

14. In Triple jump distance between the take off board and landing area shall be not more than.

- (a) 9 mts.
- (b) 10 mts.
- (c) **13 mts**
- (d) 11 mts.

15. For valid throw shot must fall.

- (a) **In sector area**
- (b) Within the inner edges of landing sector
- (c) Nearest on sector lines.
- (d) None of these.

16. Inside diameter of shot put circle is.

- (a) 45⁰
- (b) 34.92⁰
- (c) 40⁰
- (d) 90⁰

17. Minimum weight of shot for acceptance of a record (for men)

- (a) **7.26 kg.**
- (b) 8 kg
- (c) 7.25 kg
- (d) 5 kg

18. Minimum weight of shot for acceptance of a record (for women)

- (a) **4 kg.**
- (b) 8 kg
- (c) 7.25 kg
- (d) 5 kg

19. Minimum weight of discuss for acceptance of a record (for men)

- (a) 1 kg.
- (b) **2 kg**
- (c) 3 kg
- (d) 800 gms.

20. Minimum weight of Javelin for acceptance of a record (for women)

- (a) 800 gms
- (b) 750 gms
- (c) **600 gms**
- (d) 500 gms.

21. Ten event which shall be held on two consecutive days is known as.

- (a) Penthalon
- (b) **Decathlon**
- (c) Heptathlon
- (d) relay race

22. First "Padmashree" in athletics.

- (a) P.T.Usha
- (b) Milkha singh
- (c) **Bandhu singh**
- (d) none of these.

23. The Person who represented India in 6 Olympics from (1964 to 84)

- (a) Ranjeet singh
- (b) Randhir singh
- (c) Milkha singh
- (d) **None of these**

24. The first Indian woman athlete to win a gold in Asian Games is .

- (a) **P.T.Usha**
- (b) Shayni Abhramn
- (c) kamaljit Sandhu
- (d) Anju B. G.

25. How many hurdles are placed in a Hurdle race in one lap?

- (a) 12
- (b) 15
- (c) 7
- (d) **10**

26. Winner of 100 mts. (Men) in 2008 Beijing Olympic Games

Ans. Asafa Powell (Jamaica)

27. How many Olympics medal have been won by Indian hockey team?

- (a) **11**
- (b) 13
- (c) 10
- (d) 18

28. Who has got the First Arjuna Award in the field of Athletics?

- (a) P.T.Usha
- (b) **G.S.Randhawa**
- (c) Milkha Singh
- (d) B.S.Bedi

29. The first Commonwealth games were held in

- (a) **1930 Hamilton**
- (b) 1934 Australia
- (c) 1935 India
- (d) 1940 Pakistan

30. When did the ancient Olympic game start?

- (a) 394 B. C.
- (b) 493 B.C.
- (c) 676 B.C.
- (d) **776 B.C.**

31. Till now how many Olympic Games have been organized?

- (a) 22
- (b) 27
- (c) 28
- (d) **29**

32. When did the women get chance to take part in the Olympic Games?

- (a) 1896
- (b) 1900
- (c) 1908
- (d) 1920

33. Who was the first Indian woman to take part in Olympic Games?

- (a) **Merry La RO**
- (b) P.T.Usha
- (c) Anju B.G.
- (d) K.Malleshwree

34. In which Olympic Games did India last win a gold medal in Hockey?

- (a) 1964
- (b) 1972
- (c) **1980**
- (d) 1984

35. Who was the Indian who won the silver medal for the first time in Olympics in shooting event?
(a) K.D. Jadhav (b) **Major Rajyawardhan Rathor**
(c) Abhinav Bindra (d) Samser Jang
36. Who was the Indian who won the gold medal for the first time in Olympic in shooting event.
(a) K.D. Jadhav (b) Major Rajyawardhan Rathor
(c) **Abhinav Bindra** (d) Samser Jang
37. Where and in which year were the first Asian games held?
(a) **1951 New Delhi** (b) 1954 Beijing
(c) 1952 Doha (d) 1950 Delhi
38. Who is the first Indian woman athlete to win the gold medal in Asian games?
(a) Geeta Jutshi 1976 (b) **Kamal Jeet Sandhu 1970**
(c) M.D. Balsmma 1982 (d) P.T.Usha 1986
39. Where were the Last (fifteenth) Asian games held?
(a) 2002 Bussan (b) **2006 Doha**
(c) 2007 Beijing (d) 2008 New Delhi
40. At what place the Asian games have been held four times?
(a) New Delhi (b) **Bangkok**
(c) Tehran (d) Seoul
41. Where were the first commonwealth (1930) games held?
(a) New Delhi (b) Sidney
(c) **Hamilton** (d) Landon
42. In which common wealth game did India take part for the first time?
(a) **London 1934** (b) Auckland 1950
(c) 1930 Hamilton (d) 1962 Perth

43. When and where will Nineteenth Commonwealth games be held?

- | | |
|--------------------|---------------------------|
| (a) 2010 Melbourne | (b) 2010 New Delhi |
| (c) 2010 India | (d) 2010 Pakistan |

44. Who won the five gold medals from India in eighteenth commonwealth games in shooting event?

- | | |
|-------------------------|------------------|
| (a) Samresh Jang | (b) Jaspal Rana |
| (c) Anuja Jang | (d) Gagan Narang |

45. Name the Indian table tennis player who won gold medal in 18th commonwealth games.

- | | |
|----------------------------|------------------|
| (a) A. Sharat Kamal | (b) Ramesh Kumar |
| (c) Krishan Kumar | (d) Raj Singh |

46. In which commonwealth games did flying Sikh Milkha Singh win the first gold medal for India?

- | | |
|--------------------|--------------------------|
| (a) 1934. London | (b) 1938. Sidney |
| (c) 1950. Auckland | (d) 1958. Cardiff |

47. When did first modern Olympic game start?

- | | |
|-----------------|----------|
| (a) 1896 | (b) 1892 |
| (c) 1900 | (d) 1895 |

48. How many rings are there in an Olympic Flag?

- | | |
|-------|--------------|
| (a) 4 | (b) 2 |
| (c) 9 | (d) 5 |

49. Who was the father of Modern Olympic Games?

Ans...**Baron pierre De Coubertin**

50. What is the Olympic Motto?

Ans ...**Citius . Altius Fortius**