

**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  
(c) stool Sample
- (b) **Urine sample**  
(d) Blood Sample
10. How many athletes may be used as substitutes in Relays race event
- (a) **One athlete.**  
(c) Three athlete
- (b) Two athlete  
(d) none of these.
11. Landing area of High jump event should be.
- (a) 5x2 mts  
(c) 5x4 mts
- (b) **5x3 mts**  
(d) 5x5 mts.
12. Landing area of Pole vault event should be.
- (a) 6x4 mts  
(c) 5x4 mts
- (b) 5x3 mts  
(d) **5x5 mts.**
13. Landing area of long jump event should be.
- (a) 10x2.75 mts  
(c) 9x4 mts
- (b) 9x3 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.  
(c) **13 mts**
- (b) 10 mts.  
(d) 11 mts.
15. For valid throw shot must fall.
- (a) **In sector area**  
(c) Nearest on sector lines.
- (b) Within the inner edges of landing sector  
(d) None of these.
16. Inside diameter of shot put circle is.
- (a) 45<sup>0</sup>  
(c) 40<sup>0</sup>
- (b) 34.92<sup>0</sup>  
(d) 90<sup>0</sup>
17. Minimum weight of shot for acceptance of a record (for men)
- (a) **7.26 kg.**  
(c) 7.25 kg
- (b) 8 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.  
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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 18<sup>th</sup> 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** .....