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6- Olympic torch first time used in _____
a) 1890
b) 1910
c) 1928
d) 1932

7- How many Olympic Gold medals won by Pakistan Hockey team _____
a) 2
b) 3
c) 4
d) 5

8-In which city 1896 Olympic games are held _____
a) Athens
b) Olympia
c) Beijing
d) Rome

9- How many Silver medals in Olympic won by Pakistan Hockey team _____
a) 2
b) 3
c) 4
d) 5

10- 2008 Olympic games held in which country _____
a) Pakistan
b) England
c) Italy
d) China

11-IOC stand for _____
a) International Olympic Committee
b) International Olympic Countries
c) Indian Olympic Committee

12- When first Common wealth Games held _____
a) 1920
b) 1926
c) 1930
d) 1934

13- Where first Common Wealth Games held _____
a) Canada
b) China
c) France
d) Italy

14-When Women first time participate in Common Wealth Games _____
a) 1920
b) 1923
c) 1928
d) 1930

15-Asian Games are also known as _____
a) Asiana
b) Asiad
c) Assiad
d) Asaid

16-OCA stands for _____
a) Olympic Council of Asia
b) Olympic Committee of America
c) Olympic Charter of America
d) Olympic Council of America

17-First Asian Games held in _____
a) 1948
b) 1949
c) 1950
d) 1951

18-In which country first Asian Games held _____
a) America
b) England
c) Pakistan
d) India

19- Asian Games took place after every _____
a) 2 years
b) 3 years
c) 4 years
d) 5 years

20-Who won first ancient Olympic 200 yard race _____
a) Corobus
b) William John
c) Jack Michal
d) Watson

21-9th Asian Games held in which Country _____
a) India
b) America
c) Pakistan
d) Sri Lanka

22-when 9th Asian Games are held _____
a) 2000
b) 2002
c) 2004
d) 2008

23-4th Asian Games held in which Country _____
a) Pakistan
b) India
c) Australia
d) England

24- Athletics are also called the base of _____
a) Asian Games
b) Olympic Games
c) Common wealth Games
d) All of these

25-When Pakistan first time participate in Olympic Games _____
a) 1946
b) 1947
c) 1948
d) 1950

26-How many Pakistani athletes participate in 1948 Olympic games _____
a) 2
b) 3
c) 5
d) 11

27- 2004 Olympic games held in _____
a) Greek
b) England
c) Italy
d) Russia

28- 2nd name of athletics is _____
a) Races
b) Track exercises
c) Track and Field Exercises
d) Gymnastics

29- In which Olympic 10 km walk is the part of Olympic games _____
a) 1990
b) 1991
c) 1992
d) 1996

30- Which is the shortest race in Olympic Games _____
a) 110 meter
b) 100 meter
c) 200 meter
d) Relay races

31- Which is the biggest race in Olympic games _____
a) 5000 m
b) 10000 m
c) 30000 m
d) Marathon Race

32- Which Pakistani make new record in 400 meter race in SAF Games _____
a) Muhammad Fiaz
b) Muhammad Ramzan

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c) Abdul Rauf
d) Muhammad Saleem

33- Pakistani Athlete Muhammad Rasheed make record in 1987 SAF Games in which event _____
a) Disk through
b) Hammer through
c) Javelin Through
d) Short put

34- When first world athletic championship held _____
a) 1980
b) 1981
c) 1982
d) 1983

35-International athletic federation established in _____
a) 1878
b) 1879
c) 1880
d) 1881

36-First World Athletic championship held in which country _____
a) Funland
b) Ireland
c) England
d) Scotland

37-In sprint Races position of start is known as _____
a) Standing start
b) Elongated start
c) Crouch start
d) None of these

38- In 110 meter men hurdle race the height of hurdles _____
a) 1.67 m
b) 0.91 m
c) 0.84 m
d) 1.067 m

39- In 100 meter women hurdle race the height of the hurdles _____
a) 0.80 m
b) 0.91 m
c) 0.76 m
d) 0.84 m

40-Total weight of hurdles _____
a) 3 to 4 kg
b) 8 to 9 kg
c) Not less than 10 kg
d) None of these

41- Total distance of Marathon race _____
a) 26 km
b) 42 km
c) 42.195 km
d) 42.765 km

42- Which test for Doping _____
a) Sugar test
b) Urine test
c) Stool test
d) Blood test

43- Which device used to measure the wind velocity _____
a) The wind gauge
b) Official Implements
c) Video camera
d) None of these

44- The size of Mats in High jump _____
a) 5/5 meter
b) 5/4 meter
c) 7/6/8 meter
d) None of these

45- Discus / Hammer / Short put through sector _____
a) 45
b) 40
c) 90
d) 34.92

46- Weight of Javelin for women _____
a) 800 g
b) 600 g
c) 825 g
d) All of these

47-Total Length of Javelin for men _____
a) 2.60 to 2.70 m
b) 2.20 to 2.30 m
c) 2.65 to 2.75 m
d) None of these

48-In high jump every player have _____ chances.
a) 3
b) 4
c) 5
d) 2

49- In 100 m women hurdles competition distance between hurdles _____
a) 10 m
b) 20 m
c) 11 m
d) 8.5 m

50-Distance of Marathon for women _____
a) 40 km
b) 36.195 km
c) 42.195 ml
d) 42.195 km

51-Length of Javelin for women _____
a) 2.10 m
b) 2.20 m
c) 2.30 m
d) 2.40 m

52-Angle of javelin through _____
a) 30
b) 40
c) 29
d) 31

53-Weight of Javelin for men _____
a) 600 g
b) 800 g
c) 400 g
d) 900 g

54-Weight of Javelin for women _____
a) 600 g
b) 700 g
c) 500 g
d) 400 g

55-When Javelin through introduced in Modern Olympic games first time _____
a) 1900
b) 1904
c) 1908
d) 1912

56-Time allow the athlete for jump _____
a) 20 sec
b) 30 sec
c) 40 sec
d) 60 sec

57-High jump runway distance _____
a) 12 m
b) 13 m
c) 15 m
d) 14 m

58- How many lanes on track _____
a) 6
b) 7
c) 8
d) 9

59-Standard track total distance is _____
a) 300 m
b) 200 m
c) 400 m
d) 800 m

60-In 400 meter race last athlete Stagger _____
a) 7.01 m
b) 7.42 m

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c) 7.67 m
d) 7.80 m

61- When FIFA established _____
a) 1904
b) 1905
c) 1906
d) 1907

62- When first FIFA World Cup held _____
a) 1920
b) 1926
c) 1930
d) 1940

63-Which country won most FIFA world cups _____
a) Brazil
b) Germany
c) Italy
d) France

64- How many members of FIFA at 2008 _____
a) 208
b) 209
c) 376
d) 211

65- Where FIFA house build in Pakistan_____
a) Islamabad
b) Karachi
c) Lahore
d) Multan

66- Total Length and width of Football ground is _____
a) 100 & 70
b) 120 & 80
c) 120 & 90
d) 90 & 70

67- Which country won 2002 world cup _____
a) Brazil
b) Germany
c) Korea
d) Italy

68- Which team won First FIFA world Cup _____
a) Uruguay
b) Brazil
c) Germany
d) France

69-In which year women football introduced in Olympic games _____
a) 1992
b) 1996
c) 2000
d) 1988

70- Total time of break or interval in Football _____
a) 15 min
b) 30 min
c) 45 min
d) 20 min

71- The game of Chess started from _____
a) 3000 BC
b) 2000 BC
c) 1000 BC
d) 500 BC

72- In which country the education of chess is given in schools _____
a) Russia
b) China
c) France
d) Rome

73- Which Country first of all introduce Chess _____
a) Italy
b) Hindustan
c) Russia
d) China

74-Which city is call home of Chess _____
a) Venues
b) Delhi
c) Masco
d) New York

75-How many years Jhangir Khan remain Unbeated _____
a) 5 years
b) 7 years
c) 8 years
d) 3 years

76- When first world Cup Squash held _____
a) 1983
b) 1984
c) 1985
d) 1986

77- When Pakistan First time play the Squash at International level _____
a) 1949
b) 1950
c) 1955
d) 1956

78- Old name of Squash is _____
a) Rackets
b) Binfel
c) Steel hit
d) Green ball

79-Number One player of Squash in Pakistan _____
a) Shahid Zaman
b) Jhangir Khan
c) Mansor Zaman
d) Zark Jahn

80-World Open Squash 2008 where held _____
a) England
b) Italy
c) China
d) America

81-Where first Tour de France held _____
a) 1902
b) 1903
c) 1904
d) 1905

82- Which player won more titles of Tour de France _____
a) France
b) Italy
c) Brazil
d) Australia

83- Record of Tour de France is _____
a) 39.5 Km
b) 40.5 km
c) 45.5 km
d) 43.5 km

84-Which player make the fastest world record _____
a) John Haward
b) Ben Thomas
c) Smith
d) Jack warner

85-Which is the fastest cyclist in England _____
a) John Haward
b) David Le Grays
c) Will Smith
d) John will

86-When cycling is introduced in Olympic Games_____
a) 1992
b) 1994
c) 1996
d) 2000

87-Cycling is the national game of_____
a) Italy
b) France
c) Germany
d) Brazil

88-Who is the inventor of the cycle_____
a) Crack Patrick
b) Colmbo
c) Graham bell
d) Charles

89-When the competition of boating introduced in Olympics Games_____

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a) 650 B.C.
b) 648 B.C.
c) 646 B.C.
d) 644 B.C.

90-When wrestling is introduced in Olympics Games_____
a) 1900
b) 1904
c) 1908
d) 1912

91-When the famous Muslim wrestler Gama become world champion_____
a) 1901
b) 1911
c) 1921
d) 1931

92-What is the real name of Gama_____
a) Muhammad Irfan
b) Ghulam Muhammad
c) Muhammad Saleem
d) Aktar Hussain

93-Which title is awarded to Imam Bakhsh wrestler_____
a) Rustam-e-Hind
b) Rustam-e-Jahan
c) Rustam-e-Iran
d) Rustam-e-Pakistan

94-How many categories in international wrestling_____
a) 2
b) 3
c) 5
d) 8

95-When women wrestling introduced in Olympics Games_____
a) 2000
b) 2004
c) 2008
d) 2012

96-When the Pakistani wrestler Muhammad Bashir won the bronze medal in Olympics_____
a) 1956
b) 1960
c) 1964
d) 1968

97-In 1962 Asian games how many medals won by Pakistan in wrestling_____
a) 10
b) 11
c) 12
d) 14

98-In 1970 Asian games how many medals won by Pakistan in wrestling_____
a) 1
b) 2
c) 3
d) 4

99-Which is the national organization of table tennis_____
a) Pakistan Table tennis Federation
b) Pakistan Tennis federation
c) Pakistan Football Federation
d) Pakistan Table Tennis Committee

100-Which is the international organization of table tennis_____
a) International Table Tennis federation Association
b) International Table Tennis federation
c) International Table Federation
d) International Table Tennis Association

101-Pakistan get which position in 2007 world table tennis championship_____
a) 2nd
b) 3rd
c) 40th
d) 42th

102-In1993 Islamic games In Tehran Naseem Nazali get which title_____
a) Gold
b) Silver
c) Bronze
d) None Of These

103-When the Pakistan Table Tennis Federation Established_____
a) 1949
b) 1950
c) 1951
d) 1952

104-Old name of table tennis is _____
a) Ching chong
b) Sing Song
c) Ping Pong
d) Bing Pong

105-Total length of table tennis table_____
a) 7 feet
b) 8 feet
c) 9 feet
d) 10 feet

106-Total width of table tennis table_____
A) 3 feet
B) 4 feet
C) 5 feet
D) 6 feet

107-Total height of table tennis table_____
a) 2.6 feet
b) 2.8 feet
c) 3.0 feet
d) 4.0 feet

108-Length of table tennis net_____
a) 2 feet
b) 3 feet
c) 4 feet
d) 6 feet

109-Weight of table tennis ball_____
a) 2.7
b) 3.4
c) 3.8
d) 4.0

110- Wushu is national game of _____
a) China
b) Japan
c) Thiland
d) Germany

111-Wushu started from _____
a) 1850
b) 1900
c) 1960
d) 1967

112-When Wushu is introduced in America_____
a) 1962
b) 1964
c) 1934
d) 1967

113- Judo is introduced in Olympic game_____
a) 1960
b) 1964
c) 1970
d) 1973

114-International Judo Federation Established In_____
a) 1960
b) 1970
c) 1980
d) 1990

115-Which is the famous title of judo_____
a) Shihan
b) Pihan
c) Ninja

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d) Fighter

116-The hall of judo is called_____
a) Judo Jo
b) Shudo
c) Podo
d) Judo gym

117-Where the international organization of judo office_____
a) Japan
b) China
c) Korea
d) India

118-The player of judo is known as_____
a) Todoka
b) Judoka
c) Pudoka
d) Shtoka

119-When the first Polo international match is played_____
a) 1886
b) 1885
c) 1887
d) 1877

120-The name of polo international federation_____
a) Polo association
b) Harlangham Polo association
c) Pakistan Polo association
d) Right association of Polo

121-The old name of polo is _____
a) Chogan
b) Rolau
c) Guli danda
d) Poghan

122- Polo is the national game of _____
a) Pakistan
b) India
c) Bangladesh
d) Polo

123- Total number of players in Polo game_____
a) 3
b) 4
c) 7
d) 5

124- When International Polo Federation was established _____
a) 1981
b) 1982
c) 1983
d) 1993

125-When polo introduced in Olympic game_____
a) 1900
b) 1904
c) 1908
d) 1912

126-When the water Polo was introduced in Olympic game_____
a) 1908
b) 1912
c) 1916
d) 1920

127-When International Swimming Federation established _____
a) 1905
b) 1906
c) 1907
d) 1908

128-When Pakistan Swimming Federation established _____
a) 1947
b) 1948
c) 1949
d) 1950

129-When first book on Swimming is written _____
a) 1538
b) 1540
c) 1940
d) 1820

130-What is the motto of International Swimming Federation _____
a) Water is our country
b) Water is our Federation
c) Water is our World
d) We are Water

131-Which competition of Tennis is famous in all over the world _____
a) American Tennis championship
b) Wimbledon Championship
c) German Tennis Championship
d) World Tennis championship

132-Wimbeldon Championship when started _____
a) 1875
b) 1876
c) 1877
d) 1878

133- In First Wimbledon Championship who is the winner of title in men category _____
a) Jorge Willi
b) Jack Alexander
c) Spencer Gore
d) William Renshaw

134-When women first time participate in Wimbledon championship _____
a) 1880
b) 1881
c) 1882
d) 1884

135- When Pakistan first time participate in Davis Cup _____
a) 1947
b) 1948
c) 1949
d) 1950

136- How many time Rasheed Malik won National Tennis Championship _____
a) 4
b) 5
c) 6
d) 7

137-How many time Pakistan Tennis team participate in SAF Game _____
a) 3
b) 4
c) 5
d) 6

138- When Tennis first time introduced in Olympic Games _____
a) 1893
b) 1894
c) 1895
d) 1896

139- Tennis in the word of which language _____
a) Tenez
b) Latin
c) English
d) Italy

140- What is the name of table tennis national organization _____
a) Pakistan Table Tennis Federation
b) Table Tennis Pakistan Association
c) Pakistan Table Tennis Committee
d) Pakistan Table Federation

141- What is the name of International Table Tennis Organization _____

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a) International Table Tennis Federation
b) International Association Table Tennis
c) Committee of Table Tennis
d) Pakistan Table Tennis Federation

142- When the world cup Table Tennis start _____
a) 1925
b) 1926
c) 1927
d) 1928

143- When Pakistan Table Tennis Federation established _____
a) 1951
b) 1952
c) 1953
d) 1954

144- Total weight of Table Tennis Ball _____
a) 2.7
b) 2.6
c) 2.5
d) 2.1

145- When first time Basketball introduce in Olympic Games _____
a) 1940
b) 1943
c) 1845
d) 1946

146- When Basketball game start _____
a) America
b) Pakistan
c) England
d) Italy

147- How many umpires in Base Ball _____
a) 2
b) 3
c) 4
d) 5

148- When Base Ball started in Pakistan _____
a) 1990
b) 1991
c) 1992
d) 1993

149- Base Ball is the national game of which country _____
a) America
b) England
c) Italy
d) France

150- When the first Base Ball Club established _____
a) 1945
b) 1946
c) 1947
d) 1948

151- The stick which is used to hit the ball in Golf is called _____
a) Club
b) Golf stick
c) Golf Hockey
d) Hockey Stick

152- Ground of Golf is called _____
a) Course
b) Ground
c) Golf Ground
d) Golf Place

153- What is meant by Dogleg in Golf _____
a) Hole
b) Stick
c) Ground
d) Player

154-What is said to Golfer _____
a) Pitter
b) Golf Friend
c) Golf Player
d) Student of Golf

155-Who is the first champion of Golf in Pakistan _____
a) Safeer Abbas
b) Akhtar Hussain
c) Abdul Rauf
d) Tamhor Hassan

156- Old name of Pakistan Golf Federation _____
a) Pakistan Golf Union
b) Pakistan Golf
c) Pakistan Golf Association
d) Pakistan Golf Head

157- First President of Pakistan Golf Federation _____
a) Justice A R Karnees
b) Muhammad Saleem
c) Akhtar Hussain
d) Abdul Rauf

158-In Europe Mountainering is also known as _____
a) Alpinism
b) Mountainer
c) Palinar
d) Ragis

159- Which is the highest mountain in Pakistan _____
a) K-2
b) K-3
c) Mountaveras
d) K-5

160- Total height of K-2 _____
a) 8516 m
b) 8411m
c) 7814 m
d) 1500 m

161- Height of Nanga Parbat _____
a) 8125 m
b) 8516 m
c) 8068 m
d) 8048 m

162- From where the game of Kabadi Started _____
a) Bar-e-sagheer
b) Hindustan
c) Pakistan
d) India

163- When Asian Kabadi Federation is established _____
a) 1988
b) 1986
c) 1978
d) 1975

164-In Pakistan how many methods to play Kabadi _____
a) 2
b) 3
c) 4
d) 5

165- In 2006 Asian Games how many countries participated in Kabadi _____
a) 11
b) 12
c) 13
d) 14

166- How many players in Sarkal Kabadi game _____
a) 10
b) 11
c) 12
d) 13

167- Duration of Sarkal Kabadi match _____
a) 20 min
b) 30 min
c) 40 min
d) 65 min

168- When first Asian Kabadi Championship held _____
a) 1979
b) 1980
c) 1981

d) 1982
169- What is the lowest score in in ODI cricket record _____
a) 43 runs
b) 25 runs
c) 30 runs
d) 52 runs
170- What is the record of highest score in test match one innings _____
a) 400
b) 500
c) 200
d) 100
171- Which batsman make most runs in his career _____
a) 61237
b) 2341
c) 11090
d) 12307
172- Which is the first bowler who get above 400 wickets in test cricket _____
a) Shanwarn , Waseem Akram ,Murlitharn
b) Shan Waston
c) Bret lee
d) Lara
173- Total number of player in Cricket team _____
a) 9
b) 10
c) 11
d) 15
174- In which year Pakistan won ODI world cup _____
a) 1988
b) 1992
c) 1996
d) 2000
175- ICC stand for _____
a) International Cricket Council
b) International Cricket Committee
c) International Cricket Federation
d) International Cricket Countries
176-2011 world cup held in which country _____
a) Bangladash
b) India
c) Sri Lanka
d) All of these
177-Which team won the 2003 world cup _____
a) India
b) Australia
c) Pakistan
d) England
178-Runner up team of 2003 world cup _____
a) India
b) Pakistan
c) England
d) Sri Lanka
179- Which team won the world cup 2007 _____
a) Australia
b) England
c) Pakistan
d) India
180- Which team won 1999 world cup _____
a) Australia
b) Pakistan
c) England
d) India
181- Lowest score of Pakistan cricket team in test match _____
a) 26 runs
b) 28 runs
c) 72 runs
d) 12 runs
182-Old name of Valley Ball is _____
a) Mintonette
b) Net Ball
c) Valley
d) Valley Ball
183-When International Valley Ball Federation established _____
a) 1945
b) 1946
c) 1947
d) 1948
184-When first International Championship of men held _____
a) 1934
b) 1947
c) 148
d) 1949
185- When first International Championship of men held _____
a) 1947
b) 1948
c) 1951
d) 1952
186- When first time Valley Ball game is introduced in Olympic Games _____
a) 1960
b) 1964
c) 1968
d) 1972
187-In 1921 the team of Vally Ball consist on how many players _____
a) 12
b) 11
c) 13
d) 7
188-When Pakistan Valley Ball Federation Established _____
a) 1950
b) 1955
c) 1956
d) 1957
189- When Valley Ball is introduced in Asian Games _____
a) 1958
b) 1956
c) 1957
d) 1954
190- How many player in a team of a Valley Ball _____
a) 7
b) 4
c) 5
d) 6
191- How many substitute players in Valley Ball team _____
a) 3
b) 4
c) 5
d) 6
192- Length of Valley Ball Net _____
a) 9.20 m
b) 9.50 m
c) 10 m
d) 8.20 m
193- Weight of Valley Ball ball is_____
a) 9 to 10 ounce
b) 8 ounce
c) 12 ounce
d) 11 ounce
194- Length of Valley Ball court _____
a) 12 m
b) 17 m
c) 18 m
d) 21 m
195- For winning the game lead is required _____
a) 2
b) 3
c) 4
d) 5

196- Height of Valley Ball net for women _____
a) 2.24 m
b) 2 m
c) 3 m
d) 2.12 m

197-When Beach Valley Ball introduced in Olympic Games _____
a) 1992
b) 1996
c) 2000
d) 2004

198- Total Number of players in Beach Valley Ball Game _____
a) 1
b) 2
c) 3
d) 4

199- Width of Valley Ball courts lines _____
a) 5 cm
b) 2 cm
c) 3 cm
d) 1 cm

200-Height of Valley Ball Net for men _____
a) 2.40 m
b) 2.43 m
c) 2.45 m
d) 2.98 m

ANSWERS OF THE QUESTION

Question No	Answer	Question No	Answer	Question No	Answer	Question No	Answer
1	A	51	B	101	C	151	A
2	C	52	C	102	B	152	A
3	A	53	B	103	C	153	A
4	B	54	A	104	C	154	A
5	C	55	A	105	C	155	D
6	C	56	D	106	C	156	A
7	B	57	C	107	A	157	A
8	A	58	C	108	D	158	A
9	B	59	C	109	A	159	A
10	D	60	C	110	A	160	A
11	A	61	A	111	A	161	A
12	C	62	C	112	B	162	A
13	A	63	A	113	B	163	C
14	D	64	A	114	A	164	C
15	B	65	C	115	A	165	B
16	A	66	B	116	A	166	B
17	D	67	A	117	A	167	C
18	D	68	A	118	B	168	B
19	C	69	B	119	A	169	A
20	A	70	A	120	B	170	A
21	C	71	A	121	A	171	A
22	C	72	A	122	C	172	A
23	A	73	B	123	B	173	C
24	B	74	A	124	C	174	B
25	C	75	A	125	A	175	A
26	C	76	B	12	D	`1	D
				6		76	
27	A	77	B	127	D	177	B
28	C	78	A	128	B	178	A
29	C	79	A	129	A	179	A
30	B	80	A	130	B	180	A
31	D	81	B	131	B	181	A
32	A	82	A	132	C	182	A
33	C	83	A	133	C	183	C
34	D	84	A	134	D	184	D
35	C	85	B	135	B	185	D
36	A	86	C	136	A	186	B
37	C	87	B	137	A	187	A
38	D	88	A	138	D	188	B
39	D	89	B	139	A	189	A
40	C	90	B	140	A	190	D
41	C	91	A	141	A	191	D
42	B	92	B	142	C	192	B
43	A	93	A	143	A	193	A
44	C	94	A	144	A	194	C
45	D	95	B	145	A	195	A

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46	B	96	B	146	A	196	A
47	A	97	D	147	C	197	B
48	A	98	B	148	C	198	B
49	D	99	A	149	A	199	A
50	D	100	B	150	B	200	B