

Athletics Trivia: Questions, Answers, and Facts

Printable Trivia Pack

Athletics trivia spans one of baseball's oldest and most traveled franchises, from its early success in Philadelphia to championship runs in Oakland and its current home in West Sacramento. Expect questions that mix iconic stars, World Series history, and the team's more surprising records and stories for fans of every level.

HARD ATHLETICS TRIVIA

1. Under what name was the global governing body for athletics founded in 1912?

Answer: The International Amateur Athletic Federation

2. What year marks the founding of the organization now known as World Athletics?

Answer: 1912

3. In which year did the IAAF officially adopt the name World Athletics?

Answer: 2019

4. The first edition of the World Athletics Championships in 1983 took place in which city?

Answer: Helsinki

5. What major one-day series began in 2010 as the successor to the Golden League?

Answer: The Diamond League

6. Which Olympic event disappeared from the program after Tokyo 2020?

Answer: The men's 50 kilometers race walk

7. Tokyo 2020 introduced which relay to the Olympic athletics program?

Answer: The mixed 4x400 meters relay

8. What year saw the women's 3000 meters steeplechase make its Olympic debut?

Answer: 2008

9. The women's triple jump first appeared on the Olympic athletics program in what year?

Answer: 1996

10. Which heptathlete captured Olympic gold in both 2016 and 2021?

Answer: Nafissatou Thiam

11. Name the athlete who became the first woman to throw the hammer beyond 80 meters.?

Answer: Anita Włodarczyk

12. What height did Mondo Duplantis clear for the men's pole vault world record in 2024?

Answer: 6.24 meters

13. For which country does Armand Duplantis compete internationally?

Answer: Sweden

14. What exact time has stood as Marita Koch's women's 400 meters world record since 1985?

Answer: 47.60 seconds

FUNNY ATHLETICS TRIVIA

1. Which high-jump technique sounds less like sports science and more like a gymnast dodging a sofa, because it's named after Dick Fosbury?

Answer: The Fosbury Flop.

2. At the 1904 Olympic marathon, which winner received doses of strychnine during the race in a bit of sports history that definitely would not pass modern vibes checks?

Answer: Thomas Hicks.

3. Which bear mascot represented the 1980 Moscow Olympics, proving even giant sporting events sometimes need a cuddly face?

Answer: Misha.

4. What is Usain's wonderfully on-the-nose surname, the one that sounds like it was built in a sprint lab?

Answer: Bolt.

5. In the steeplechase, what obstacle turns distance running into a very committed splash scene?

Answer: The water jump.

6. Despite the name, in which event do athletes spin and release an implement instead of yeeting a carpenter's toolbox?

Answer: The hammer throw.

7. Why is shot put called a 'put' instead of a regular throw because athletes do what to the shot?

Answer: They push the shot.

8. In pole vault, what big soft thing usually catches the vaulter even if the bar has other plans?

Answer: A giant mat.

9. The decathlon is basically a sports buffet. Over how many days are its 10 events spread?

Answer: Two days.

10. How many events are in the heptathlon at major championships just enough to make 'busy weekend' sound inaccurate?

Answer: Seven events.

11. Under current elite sprint rules, what infraction can get an athlete disqualified immediately before the race has barely begun?

Answer: A false start.

12. On a standard track oval, which lane gives you the shortest route, for those who enjoy

fewer meters with their suffering?

Answer: Lane one.

13. Which event requires athletes to keep one foot in contact with the ground at all times, making it the sport of aggressively polite speed?

Answer: Race walking.

FUN ATHLETICS TRIVIA

1. How fast did Jamaica's 2012 Olympic men's 4x100 relay team blaze around the track for their world record?

Answer: 36.84 seconds

2. What world-record time did the United States women post in the 4x100 relay in 2012?

Answer: 40.82 seconds

3. Which time still stands as the Soviet Union women's 4x400 relay world record from 1988?

Answer: 3:15.17

4. What is the men's 4x400 relay world-record time set by the United States in 1993?

Answer: 2:54.29

5. Who owns the men's 1500 meters world record with a time of 3:26.00?

Answer: Hicham El Guerrouj

6. Faith Kipyegon's 2024 women's 1500 meters world record stopped the clock at what time?

Answer: 3:49.04

7. At the 2012 Olympics, David Rudisha turned the men's 800 into a blur. What was his winning time?

Answer: 1:40.91

8. Which athlete set the women's 800 meters world record of 1:53.28 back in 1983?

Answer: Jarmila Kratochvílová

9. Jakob Ingebrigtsen owns the men's 2000 meters world record. What is the exact time?

Answer: 4:43.13

10. Who ran 3:43.33 to set the men's mile world record in 2024?

Answer: Yomif Kejelcha

11. What was Faith Kipyegon's women's mile world-record time set in 2023?

Answer: 4:07.64

12. Joshua Cheptegei's men's 5000 meters world record is a serious stopwatch flex. What is the time?

Answer: 12:35.36

13. Gudaf Tsegay set the women's 5000 meters world record in 2023. What time did she run?

Answer: 14:00.21

ATHLETICS FAMILY TRIVIA

1. What time is the women's 100 meters world record set by Florence Griffith-Joyner in 1988?

Answer: 10.49 seconds

2. In the men's long jump, what world-record distance did Mike Powell reach in 1991?

Answer: 8.95 meters

3. Jonathan Edwards set the men's triple jump world record in 1995. What was the mark?

Answer: 18.29 meters

4. How high is the men's high jump world record set by Javier Sotomayor in 1993?

Answer: 2.45 meters

5. Which height did Yelena Isinbayeva clear for the women's pole vault world record in 2009?

Answer: 5.06 meters

6. Randy Barnes launched the men's shot put world record to what distance in 1990?

Answer: 23.12 meters

7. What is the men's discus world-record distance achieved by Jürgen Schult in 1986?

Answer: 74.08 meters

8. Jan Železný's men's javelin world record from 1996 stands at what distance?

Answer: 98.48 meters

9. In the decathlon, Kevin Mayer set a world record in 2018 with how many points?

Answer: 9,126 points

10. Jackie Joyner-Kersey holds the women's heptathlon world record with how many points?

Answer: 7,291 points

11. Who won the first modern Olympic marathon in 1896?

Answer: Spyridon Louis

12. Which runner famously won the 1960 Olympic marathon while barefoot?

Answer: Abebe Bikila

EASY ATHLETICS TRIVIA

1. How long is a marathon race?

Answer: 42.195 kilometers

2. Which country did Usain Bolt represent in international sprinting?

Answer: Jamaica

3. Which race is a standard Olympic sprint event: 100 meters, 800 meters, or marathon?

Answer: 100 meters

4. In which event do athletes try to achieve the greatest horizontal distance from a takeoff board into a landing pit?

Answer: Long jump

5. Which event asks athletes to clear a horizontal bar without knocking it off?

Answer: High jump

6. A relay team commonly has how many runners?

Answer: Four runners

7. What item is passed between runners in sprint relays?

Answer: A baton

8. What is the heavy metal ball in the shot put called?

Answer: A shot

9. Which throw uses a spear-like implement?

Answer: Javelin throw

10. Which field event uses a flat circular implement?

Answer: Discus throw

11. What is the men's combined event in major championships called?

Answer: Decathlon

12. The Olympic Games include which two big parts of athletics?

Answer: Track and field

13. How long is one lap of a standard outdoor track?

Answer: 400 meters

Source: <https://triviagong.com/trivia/athletics-trivia>