

# 香港仔運動場緩步跑開放時間(2024年8月) Opening Hour for Jogging of Aberdeen Sports Ground in August 2024

備註 Notes:

<b>A</b>	緩步跑開放時間 Opening Hours for Jogging
<b>L</b>	為配合運動場內草地的球類活動，只開放3至6號線道給公眾人士作緩跑之用。Jogging will be confined to the lane no. 3 to 6 of the track when concurrent use with ball activities.
<b>B</b>	團體預訂(運動會/田徑訓練/其他活動)，跑道暫停開放。Running tracks are closed for block booking (Athletic Meet / Athletic Training / Other Activity).
<b>M</b>	場地關閉 Venue closed
<b>T</b>	運動場同時有緩步跑及LCSD長跑班活動、田徑訓練 Concurrent use with LCSD Class & Athletic Training

日期 Date 時間 Time	1 週四 Thu	2 週五 Fri	3 週六 Sat	4 週日 Sun	5 週一 Mon	6 週二 Tue	7 週三 Wed	8 週四 Thu	9 週五 Fri	10 週六 Sat	11 週日 Sun	12 週一 Mon	13 週二 Tue	14 週三 Wed	15 週四 Thu	16 週五 Fri	17 週六 Sat	18 週日 Sun	19 週一 Mon	20 週二 Tue	21 週三 Wed	22 週四 Thu	23 週五 Fri	24 週六 Sat	25 週日 Sun	26 週一 Mon	27 週二 Tue	28 週三 Wed	29 週四 Thu	30 週五 Fri	31 週六 Sat			
06:45 - 07:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
07:00 - 07:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
07:30 - 08:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
08:00 - 08:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
08:30 - 09:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
09:00 - 09:30	A	A	M	A	A	M	A	A	A	M	A	A	M	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	A	A	A	
09:30 - 10:00	A	A	M	A	A	M	A	A	A	M	A	A	M	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	A	A	A	
10:00 - 10:30	A	A	M	A	A	M	A	A	A	M	A	A	M	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	A	A	A	
10:30 - 11:00	A	A	M	A	A	M	A	A	A	M	A	A	M	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	A	A	A	
11:00 - 11:30	A	A	M	A	A	M	A	A	A	M	A	A	M	A	A	A	M	A	A	M	A	A	A	A	A	A	L	L	A	L	A	A	A	
11:30 - 12:00	A	A	M	A	A	M	A	A	A	M	A	A	M	A	A	A	M	A	A	M	A	A	L	A	A	L	L	A	L	A	A	A	A	
12:00 - 12:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	A	A	L	L	A	L	A	A	B	B	
12:30 - 13:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	A	B	B
13:00 - 13:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B
13:30 - 14:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B
14:00 - 14:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B
14:30 - 15:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B
15:00 - 15:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B
15:30 - 16:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B
16:00 - 16:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B
16:30 - 17:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B
17:00 - 17:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B
17:30 - 18:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B
18:00 - 18:30	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	M	A	B	B
18:30 - 19:00	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	A	M	A	B	B	
19:00 - 19:30	M	A	A	A	T	A	A	M	A	A	A	T	A	A	M	A	A	A	T	A	A	M	A	A	A	T	A	A	M	A	B	B	B	
19:30 - 20:00	M	A	A	A	T	A	A	M	A	A	A	T	A	A	M	A	A	A	T	A	A	M	A	A	A	T	A	A	M	A	B	B	B	
20:00 - 20:30	M	A	A	A	T	A	A	M	A	A	A	T	A	A	M	A	A	A	T	A	A	M	A	A	A	T	A	A	M	A	A	A	A	
20:30 - 21:00	M	A	A	A	T	A	A	M	A	A	A	T	A	A	M	A	A	A	T	A	A	M	A	A	A	T	A	A	M	A	A	A	A	
21:00 - 21:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
21:30 - 22:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A

場地的預訂情況會隨時更改，請向場地查詢最新安排。The booking condition is subject to change from time to time. For updated arrangement, please contact the venue direct.

發出日期 Date of issue 26.7.2024

最新更新日期 Date of latest update 20.8.2024