

城門谷運動場緩步跑開放時間表 Opening Hours for Jogging of Shing Mun Valley Sports Ground

月份 / Month : 二零二四年五月 / May 2024

發出日期 : 2024年4月21日
Date of issue :

最新更改日期 : 2024年4月21日
Last Updated on

| 時間 Time | 上午六時半至七時 | 上午七時至八時 | 上午八時至九時 | 上午九時至十時 | 上午十時至十一時 | 上午十一時至十二時 | 中午十二時至一時 | 下午一時至二時 | 下午二時至三時 | 下午三時至四時 | 下午四時至五時 | 下午五時至六時 | 下午六時至七時 | 下午七時至八時 | 下午八時至九時 | 下午九時至十時 | 下午十時至十時半 | | | |
|---------|-------------------|-------------------|-------------------|--------------------|---------------------|---------------------|--------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|--------------------|---------------------|--|--|--|
| | 6:30 AM - 7:00 AM | 7:00 AM - 8:00 AM | 8:00 AM - 9:00 AM | 9:00 AM - 10:00 AM | 10:00 AM - 11:00 AM | 11:00 AM - 12:00 NN | 12:00 NN - 1:00 PM | 1:00 PM - 2:00 PM | 2:00 PM - 3:00 PM | 3:00 PM - 4:00 PM | 4:00 PM - 5:00 PM | 5:00 PM - 6:00 PM | 6:00 PM - 7:00 PM | 7:00 PM - 8:00 PM | 8:00 PM - 9:00 PM | 9:00 PM - 10:00 PM | 10:00 PM - 10:30 PM | | | |
| 日期 Date | | | | | | | | | | | | | | | | | | | | |
| 1 | 三 | | | | | | | | | | | | | | | | | | | |
| 2 | 四 | | | 團體租用 | | | | | | | | | | | | | 團體租用 | | | |
| 3 | 五 | | | 團體租用 | | | | | | | | | | | | | 團體租用 | | | |
| 4 | 六 | | | | | | | | | | | | | | | | | | | |
| 5 | 日 | | | | | | | | | | | | | | | | | | | |
| 6 | 一 | | | | | | | | | | | | | | | | | | | |
| 7 | 二 | | | | | | | | | | | | | | | | | | | |
| 8 | 三 | | | 團體租用 | | | | | | | | | | | | | 團體租用 | | | |
| 9 | 四 | | | 團體租用 | | | | | | | | | | | | | 團體租用 | | | |
| 10 | 五 | | | 團體租用 | | | | | | | | | | | | | 團體租用 | | | |
| 11 | 六 | | | | | | | | | | | | | | | | | | | |
| 12 | 日 | | | | | | | | | | | | | | | | | | | |
| 13 | 一 | | | | | | | | | | | | | | | | | | | |
| 14 | 二 | | | 團體租用 | | | | | | | | | | | | | 團體租用 | | | |
| 15 | 三 | | | | | | | | | | | | | | | | | | | |
| 16 | 四 | | | | | | | | | | | | | | | | | | | |
| 17 | 五 | | | | | | | | | | | | | | | | | | | |
| 18 | 六 | | | | | | | | | | | | | | | | | | | |
| 19 | 日 | | | | | | | | | | | | | | | | | | | |
| 20 | 一 | | | | | | | | | | | | | | | | | | | |
| 21 | 二 | | | | | | | | | | | | | | | | | | | |
| 22 | 三 | | | | | | | | | | | | | | | | | | | |
| 23 | 四 | | | | | | | | | | | | | | | | | | | |
| 24 | 五 | | | | | | | | | | | | | | | | | | | |
| 25 | 六 | | | | | | | | | | | | | | | | | | | |
| 26 | 日 | | | | | | | | | | | | | | | | | | | |
| 27 | 一 | | | | | | | | | | | | | | | | | | | |
| 28 | 二 | | | | | | | | | | | | | | | | | | | |
| 29 | 三 | | | | | | | | | | | | | | | | | | | |
| 30 | 四 | | | | | | | | | | | | | | | | | | | |
| 31 | 五 | | | | | | | | | | | | | | | | | | | |



: 團體租用時段 · 場地暫停開放
Sports ground is temporarily closed for block booking



: 足球賽事/團體活動/田徑訓練與緩步跑同時進行時 · 只開放 6 至 8 號線道
Jogging is confined to the lane no. 6 to 8 of the track when the infield is occupied



: 緩步跑時間
Jogging Hour

* 如有節目調動 · 上述開放時間可能有更改。
Jogging hours are subject to change due to the booking updates