

城門谷運動場緩步跑開放時間 (2025年12月) Opening Hour for Jogging of Shing Mun Valley Sports Ground in December 2025

備註 Notes:

A

緩步跑開放時間 Opening Hours for Jogging

L

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

B

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

M

場地關閉 Venue closed

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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

日期 Date 時間 Time	1 週一 Mon	2 週二 Tue	3 週三 Wed	4 週四 Thu	5 週五 Fri	6 週六 Sat	7 週日 Sun	8 週一 Mon	9 週二 Tue	10 週三 Wed	11 週四 Thu	12 週五 Fri	13 週六 Sat	14 週日 Sun	15 週一 Mon	16 週二 Tue	17 週三 Wed	18 週四 Thu	19 週五 Fri	20 週六 Sat	21 週日 Sun	22 週一 Mon	23 週二 Tue	24 週三 Wed	25 週四 Thu	26 週五 Fri	27 週六 Sat	28 週日 Sun	29 週一 Mon	30 週二 Tue	31 週三 Wed
06:30 - 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
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
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
08:00 - 08:30	A	B	B	B	B	A	A	A	B	B	B	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	B	B	B	B	A	A	A	B	B	B	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	B	B	B	B	A	A	A	B	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
09:30 - 10:00	A	B	B	B	B	A	A	A	B	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
10:00 - 10:30	A	B	B	B	B	A	A	A	B	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
10:30 - 11:00	A	B	B	B	B	A	A	A	B	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
11:00 - 11:30	A	B	B	B	B	A	A	A	B	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
11:30 - 12:00	A	B	B	B	B	A	A	A	B	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
12:00 - 12:30	A	B	B	B	B	A	A	A	B	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
12:30 - 13:00	A	B	B	B	B	A	A	A	B	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
13:00 - 13:30	A	B	B	B	B	B	A	A	B	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
13:30 - 14:00	A	B	B	B	B	B	L	A	B	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
14:00 - 14:30	A	B	B	B	B	B	L	A	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
14:30 - 15:00	A	B	B	B	B	B	L	A	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
15:00 - 15:30	A	B	B	B	A	B	L	A	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
15:30 - 16:00	A	B	B	B	A	B	L	A	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
16:00 - 16:30	A	B	B	B	A	B	L	A	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
16:30 - 17:00	A	B	B	B	A	B	L	A	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
17:00 - 17:30	A	A	B	A	A	B	L	A	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
17:30 - 18:00	A	A	B	A	A	B	L	A	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
18:00 - 18:30	L	A	L	A	L	B	A	L	A	L	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	A
18:30 - 19:00	L	A	L	A	L	B	A	L	A	L	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	A
19:00 - 19:30	L	B	L	B	L	B	A	L	B	L	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	A
19:30 - 20:00	L	B	L	B	L	B	A	L	B	L	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	A
20:00 - 20:30	L	B	L	B	L	A	A	L	B	L	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	A
20:30 - 21:00	L	B	L	B	L	A	A	L	B	L	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	A
21:00 - 21:30	L	B	L	B	L	A	A	L	B	L	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	A
21:30 - 22:00	L	B	L	B	L	A	A	L	B	L	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	A
22:00 - 22:30	A	B	L	B	L	A	A	A	B	L	B	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，如有查詢，請致電 2411 2145與城門谷運動場職員聯絡。
The booking condition is subject to change from time to time. For updated arrangement please contact Shing Mun Valley Sports Ground Staff on 2411 2145 for enquiry.
發出日期 Date of issue 21/11/2025
最新更新日期 Date of latest update 21/11/2025