

城門谷運動場緩步跑開放時間(2026年1月) Opening Hour for Jogging of Shing Mun Valley Sports Ground in January 2026

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

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	
06:30 - 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	B	A	A	A	A	A	A	B	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	B	A	A	A	A	A	A	B	A	A	A	A	A	A	
08:00 - 08:30	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	B	B	A	B	A	A	B	B	B	A
08:30 - 09:00	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	B	B	A	B	A	A	B	B	B	A
09:00 - 09:30	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	B	B	B	A	A	B	B	B	A	
09:30 - 10:00	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	B	B	B	A	A	B	B	B	A	
10:00 - 10:30	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	B	B	B	A	A	B	B	B	A	
10:30 - 11:00	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	B	B	B	A	A	B	B	B	A	
11:00 - 11:30	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	B	B	B	A	A	B	B	B	A	
11:30 - 12:00	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	B	B	B	A	A	B	B	B	A	
12:00 - 12:30	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	B	B	B	A	A	B	B	B	A	
12:30 - 13:00	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	B	B	B	A	A	B	B	B	A	
13:00 - 13:30	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	B	A	B	A	A	B	B	B	A	
13:30 - 14:00	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	A	A	B	A	A	B	B	B	A	
14:00 - 14:30	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	A	A	B	A	A	B	A	B	A	
14:30 - 15:00	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	A	A	B	A	A	B	A	B	A	
15:00 - 15:30	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	A	A	B	A	A	B	A	B	A	
15:30 - 16:00	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	B	B	B	A	A	B	A	A	B	A	B	A	
16:00 - 16:30	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	B	B	B	B	A	B	B	A	A	B	A	A	B	
16:30 - 17:00	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	B	B	B	B	A	B	B	A	A	B	A	A	B	
17:00 - 17:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	A	A	A	A	A	B	B	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	B	B	A	A	A	A	A	B	B	A	A	A	A	A	B	
18:00 - 18:30	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	L	B	B	L	A	L	A	L	B	B	L	A	L	A	L	B	
18:30 - 19:00	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	L	B	B	L	A	L	A	L	B	B	L	A	L	A	L	B	
19:00 - 19:30	A	A	A	A	L	A	A	A	A	A	A	L	B	L	B	L	B	A	L	B	L	B	L	B	A	L	B	L	B	L	B	
19:30 - 20:00	A	A	A	A	L	A	A	A	A	A	A	L	B	L	B	L	B	A	L	B	L	B	L	B	A	L	B	L	B	L	B	
20:00 - 20:30	A	A	A	A	L	A	A	A	A	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	
20:30 - 21:00	A	A	A	A	L	A	A	A	A	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	
21:00 - 21:30	A	A	A	A	L	A	A	A	A	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	L	B	A	B	A	A	
21:30 - 22:00	A	A	A	A	L	A	A	A	A	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	L	B	A	B	A	A	
22:00 - 22:30	A	A	A	A	A	A	A	A	A	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	A	B	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 14/12/2025
最新更新日期 Date of latest update 14/12/2025