

# 城門谷運動場緩步跑開放時間(2026年3月) Opening Hour for Jogging of Shing Mun Valley Sports Ground in March 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 週日 Sun	2 週一 Mon	3 週二 Tue	4 週三 Wed	5 週四 Thu	6 週五 Fri	7 週六 Sat	8 週日 Sun	9 週一 Mon	10 週二 Tue	11 週三 Wed	12 週四 Thu	13 週五 Fri	14 週六 Sat	15 週日 Sun	16 週一 Mon	17 週二 Tue	18 週三 Wed	19 週四 Thu	20 週五 Fri	21 週六 Sat	22 週日 Sun	23 週一 Mon	24 週二 Tue	25 週三 Wed	26 週四 Thu	27 週五 Fri	28 週六 Sat	29 週日 Sun	30 週一 Mon	31 週二 Tue		
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	B	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	B	A	A	A	A	A	A	A	A	A	A	
08:00 - 08:30	A	A	B	B	B	A	A	A	A	A	A	B	B	B	A	A	B	A	B	A	A	B	A	A	A	B	B	B	A	A	A	B	
08:30 - 09:00	A	A	B	B	B	A	A	A	A	A	A	B	B	B	A	A	B	A	B	A	A	B	A	A	A	B	B	B	A	A	A	B	
09:00 - 09:30	A	A	B	B	B	A	A	A	A	A	A	B	B	B	A	A	B	B	B	A	A	B	A	A	A	B	B	B	A	A	A	B	
09:30 - 10:00	A	A	B	B	B	A	A	A	A	A	A	B	B	B	A	A	B	B	B	A	A	B	A	A	A	B	B	B	A	A	A	B	
10:00 - 10:30	A	A	B	B	B	A	A	A	A	A	A	B	B	B	A	A	B	B	B	A	A	B	A	A	A	B	B	B	A	A	A	B	
10:30 - 11:00	A	A	B	B	B	A	A	A	A	A	A	B	B	B	A	A	B	B	B	A	A	B	A	A	A	B	B	B	A	A	A	B	
11:00 - 11:30	A	A	B	B	B	A	A	A	A	A	A	B	B	B	A	A	B	B	B	A	A	B	A	A	A	B	B	B	A	A	A	B	
11:30 - 12:00	A	A	B	B	B	A	A	A	A	A	A	B	B	B	A	A	B	B	B	A	A	B	A	A	A	B	B	B	A	A	A	B	
12:00 - 12:30	A	A	B	B	B	A	A	A	A	A	A	B	B	B	A	A	B	B	B	A	A	B	A	A	A	B	B	B	A	A	A	B	
12:30 - 13:00	A	A	B	B	B	A	A	A	A	A	A	B	B	B	A	A	B	B	B	A	A	B	A	A	A	B	B	B	A	A	A	B	
13:00 - 13:30	A	A	B	B	B	A	B	A	A	A	A	B	B	B	A	A	B	B	B	A	A	B	A	A	A	A	B	A	A	A	A	B	
13:30 - 14:00	L	A	B	B	B	A	B	L	A	A	A	B	B	B	L	A	B	B	B	A	A	B	A	A	A	A	B	A	A	A	A	A	
14:00 - 14:30	L	A	A	B	B	A	B	L	A	A	A	B	A	A	L	A	B	B	B	A	A	B	A	A	A	A	B	A	A	A	A	A	
14:30 - 15:00	L	A	A	B	B	A	B	L	A	A	A	B	A	A	L	A	B	B	B	A	A	B	A	A	A	A	B	A	A	A	A	A	
15:00 - 15:30	L	A	A	B	B	A	B	L	A	A	A	B	A	A	L	A	B	B	B	A	A	B	A	A	A	A	B	A	A	A	A	A	
15:30 - 16:00	L	A	A	B	B	A	B	L	A	A	A	B	A	A	L	A	B	B	B	A	A	B	A	A	A	A	B	A	A	A	A	A	
16:00 - 16:30	L	A	A	B	B	A	B	L	A	A	A	B	A	B	L	A	A	B	B	A	B	B	A	A	A	A	B	B	A	A	A	A	
16:30 - 17:00	L	A	A	B	B	A	B	A	A	A	A	B	A	B	A	A	A	B	B	A	B	B	A	A	A	A	B	B	A	A	A	A	
17:00 - 17:30	L	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	B	A	A	A	A	A	B	A	A	A	A	
17:30 - 18:00	L	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	B	A	A	A	A	A	B	A	A	A	A	
18:00 - 18:30	A	L	A	L	A	L	B	A	L	A	L	A	L	B	A	L	A	L	A	L	B	B	L	A	L	A	L	B	A	A	A	A	
18:30 - 19:00	A	L	A	L	A	L	B	A	L	A	L	A	L	B	A	L	A	L	A	L	B	B	L	A	L	A	L	B	A	A	A	A	
19:00 - 19:30	A	L	B	L	B	L	B	A	L	B	L	B	L	B	A	L	B	L	B	L	B	A	L	B	L	B	L	B	A	A	A	B	
19:30 - 20:00	A	L	B	L	B	L	B	A	L	B	L	B	L	B	A	L	B	L	B	L	B	A	L	B	L	B	L	B	A	A	A	B	
20:00 - 20:30	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	A	A	B	
20:30 - 21:00	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	A	A	B	
21:00 - 21:30	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	A	A	B	
21:30 - 22:00	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	L	B	L	B	L	A	A	A	A	B	
22:00 - 22:30	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	A	B	L	B	L	A	A	A	A	B

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 10/2/2026

最新更新日期 Date of latest update 21/2/2026