

城門谷運動場緩步跑開放時間(2026年5月) Opening Hour for Jogging of Shing Mun Valley Sports Ground in May 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 時間 Date Time	1 週五 Fri	2 週六 Sat	3 週日 Sun	4 週一 Mon	5 週二 Tue	6 週三 Wed	7 週四 Thu	8 週五 Fri	9 週六 Sat	10 週日 Sun	11 週一 Mon	12 週二 Tue	13 週三 Wed	14 週四 Thu	15 週五 Fri	16 週六 Sat	17 週日 Sun	18 週一 Mon	19 週二 Tue	20 週三 Wed	21 週四 Thu	22 週五 Fri	23 週六 Sat	24 週日 Sun	25 週一 Mon	26 週二 Tue	27 週三 Wed	28 週四 Thu	29 週五 Fri	30 週六 Sat	31 週日 Sun	
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	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
08:00 - 08:30	A	A	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	A	A	A	L
08:30 - 09:00	A	A	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	A	A	A	L
09:00 - 09:30	A	A	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	A	A	A	L
09:30 - 10:00	A	A	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	A	A	A	L
10:00 - 10:30	A	A	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	A	A	A	L
10:30 - 11:00	A	A	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	A	A	A	L
11:00 - 11:30	A	A	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	A	A	A	L
11:30 - 12:00	A	A	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	A	A	A	L
12:00 - 12:30	A	A	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	A	A	A	L
12:30 - 13:00	A	A	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	A	A	A	L
13:00 - 13:30	A	A	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	A	A	A	L
13:30 - 14:00	A	A	A	A	A	B	B	B	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A	L
14:00 - 14:30	A	A	A	A	A	B	B	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A	L
14:30 - 15:00	A	A	A	A	A	B	B	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A	L
15:00 - 15:30	A	A	A	A	A	B	B	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A	L
15:30 - 16:00	A	A	A	A	A	B	B	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A	L
16:00 - 16:30	A	B	A	A	A	B	B	A	B	L	A	A	A	A	A	B	L	A	A	A	A	A	B	L	A	A	A	A	A	A	B	L
16:30 - 17:00	A	B	A	A	A	B	B	A	B	L	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	A	B	L
17:00 - 17:30	A	B	A	A	A	B	B	A	B	L	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	A	B	L
17:30 - 18:00	A	B	A	A	A	B	B	A	B	L	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	A	B	L
18:00 - 18:30	A	B	A	A	A	L	A	L	B	A	A	A	L	A	L	B	A	A	A	L	A	L	B	A	A	A	L	A	L	B	L	
18:30 - 19:00	A	B	A	A	A	L	A	L	B	A	A	A	L	A	L	B	A	A	A	L	A	L	B	A	A	A	L	A	L	B	L	
19:00 - 19:30	A	B	A	A	B	L	B	L	B	A	A	B	L	B	L	B	A	A	B	L	B	L	B	A	A	B	L	B	L	B	L	
19:30 - 20:00	A	B	A	A	B	L	B	L	B	A	A	B	L	B	L	B	A	A	B	L	B	L	B	A	A	B	L	B	L	B	L	
20:00 - 20:30	A	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	L	
20:30 - 21:00	A	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	L	
21:00 - 21:30	A	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	
21:30 - 22:00	A	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	
22:00 - 22:30	A	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	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 22/4/2026

最新更新日期 Date of latest update 09/05/2026