

# 城門谷運動場緩步跑開放時間(2026年7月) Opening Hour for Jogging of Shing Mun Valley Sports Ground in July 2026

備註 Notes:

<b>A</b>	緩步跑開放時間 Opening Hours for Jogging
<b>L</b>	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>B</b>	團體租用時段，場地暫停開放 Sports ground is temporarily closed for block booking
<b>M</b>	場地關閉 Venue closed
<b>*</b>	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 週三 Wed	2 週四 Thu	3 週五 Fri	4 週六 Sat	5 週日 Sun	6 週一 Mon	7 週二 Tue	8 週三 Wed	9 週四 Thu	10 週五 Fri	11 週六 Sat	12 週日 Sun	13 週一 Mon	14 週二 Tue	15 週三 Wed	16 週四 Thu	17 週五 Fri	18 週六 Sat	19 週日 Sun	20 週一 Mon	21 週二 Tue	22 週三 Wed	23 週四 Thu	24 週五 Fri	25 週六 Sat	26 週日 Sun	27 週一 Mon	28 週二 Tue	29 週三 Wed	30 週四 Thu	31 週五 Fri	
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	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
08:30 - 09:00	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
09:00 - 09:30	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
09:30 - 10:00	A	A	A	A	L	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
10:00 - 10:30	A	A	A	A	L	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
10:30 - 11:00	A	A	A	A	L	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
11:00 - 11:30	A	A	A	A	L	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
11:30 - 12:00	A	A	A	A	L	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
12:00 - 12:30	A	A	A	A	L	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
12:30 - 13:00	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
13:00 - 13:30	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
13:30 - 14:00	A	A	A	A	L	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
14:00 - 14:30	A	A	A	A	L	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
14:30 - 15:00	A	A	A	A	L	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
15:00 - 15:30	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
15:30 - 16:00	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
16:00 - 16:30	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A
16:30 - 17:00	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A
17:00 - 17:30	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A
17:30 - 18:00	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A
18:00 - 18:30	A	A	L	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A
18:30 - 19:00	A	A	L	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A
19:00 - 19:30	A	B	L	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A
19:30 - 20:00	A	B	L	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	A
20:00 - 20:30	A	B	L	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
20:30 - 21:00	A	B	L	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
21:00 - 21:30	A	B	L	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
21:30 - 22:00	A	B	L	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
22:00 - 22:30	A	B	L	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

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 17/6/2026

最新更新日期 Date of latest update 17/6/2026