

城門谷運動場緩步跑開放時間(2026年9月) Opening Hour for Jogging of Shing Mun Valley Sports Ground in Sep 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 週二 Tue	2 週三 Wed	3 週四 Thu	4 週五 Fri	5 週六 Sat	6 週日 Sun	7 週一 Mon	8 週二 Tue	9 週三 Wed	10 週四 Thu	11 週五 Fri	12 週六 Sat	13 週日 Sun	14 週一 Mon	15 週二 Tue	16 週三 Wed	17 週四 Thu	18 週五 Fri	19 週六 Sat	20 週日 Sun	21 週一 Mon	22 週二 Tue	23 週三 Wed	24 週四 Thu	25 週五 Fri	26 週六 Sat	27 週日 Sun	28 週一 Mon	29 週二 Tue	30 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
07:00 - 07:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	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	B	B	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	B	B	B	B	A	A	B	A	B	A	A	A	B	B
08:30 - 09:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	A	B	A	B	A	A	A	B	B
09:00 - 09:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	B	B	A	B	A	A	A	B	B
09:30 - 10:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	B	B	A	B	A	A	A	B	B
10:00 - 10:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	B	B	A	B	A	A	A	B	B
10:30 - 11:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	B	B	A	B	A	A	A	B	B
11:00 - 11:30	A	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	B	B	B	B	A	B	B	A	B	L	L	A	B	B
11:30 - 12:00	A	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	B	B	B	B	A	B	B	A	B	L	L	A	B	B
12:00 - 12:30	A	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	B	B	B	B	A	B	B	A	B	L	L	A	B	B
12:30 - 13:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	B	B	A	B	A	A	A	B	B
13:00 - 13:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	B	B	A	B	A	A	A	B	B
13:30 - 14:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	B	B	A	B	A	A	A	B	B
14:00 - 14:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	B	B	A	B	A	A	A	B	A
14:30 - 15:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	B	B	A	B	A	A	A	B	A
15:00 - 15:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	B	B	A	B	A	A	A	B	A
15:30 - 16:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	B	A	B	B	A	B	A	A	A	B	A
16:00 - 16:30	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	B	B	B	B	A	B	B	A	B	A	A	A	B	A
16:30 - 17:00	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	B	B	B	B	A	B	B	A	B	A	A	A	B	A
17:00 - 17:30	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	B	A	B	A	A	A	A	A	A	A	A
17:30 - 18:00	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	B	A	B	A	A	A	A	A	A	A	A
18:00 - 18:30	A	A	A	A	B	A	A	A	L	A	L	B	A	A	A	L	A	L	B	B	A	A	L	A	L	A	A	L	A	L
18:30 - 19:00	A	A	A	A	B	A	A	A	L	A	L	B	A	A	A	L	A	L	B	B	A	A	L	A	L	A	A	L	A	L
19:00 - 19:30	B	A	B	A	B	A	A	B	L	B	L	B	A	A	B	L	B	L	B	B	A	B	L	B	L	A	A	L	B	L
19:30 - 20:00	B	A	B	A	B	A	A	B	L	B	L	B	A	A	B	L	B	L	B	B	A	B	L	B	L	A	A	L	B	L
20:00 - 20:30	B	A	B	A	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	L	B	L
20:30 - 21:00	B	A	B	A	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	L	B	L
21:00 - 21:30	B	A	B	A	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	L	B	L
21:30 - 22:00	B	A	B	A	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	A	B	L	B	L	A	A	L	B	L
22:00 - 22:30	A	A	A	A	A	A	A	A	L	A	L	A	A	A	A	L	A	L	A	A	A	A	L	A	L	A	A	A	A	L

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 27.08.2026
最新更新日期 Date of latest update 27.08.2026