

葵涌運動場緩步跑開放時間(2025年11月) Opening Hour for Jogging of Kwai Chung Sports Ground in November 2025

備註 Notes:	A	緩步跑開放時間 Opening Hours for Jogging
	L	為配合運動場內草地的球類活動，運動場只會開放跑道最外圍的6至8號線道給公眾人士作緩跑之用。 Jogging will be confined to the no. 6 to 8 outer lanes of the track when the infield is being used for ball games
	B	團體預訂 (運動會 / 田徑訓練 / 其他活動)，運動場暫停開放。 Sports Ground is closed for block booking (Athletic Meet / Athletic Training / Other Activity).
	M	場地關閉 Venue closed

日期 Date 時間 Time	1 週六 Sat	2 週日 Sun	3 週一 Mon	4 週二 Tue	5 週三 Wed	6 週四 Thu	7 週五 Fri	8 週六 Sat	9 週日 Sun	10 週一 Mon	11 週二 Tue	12 週三 Wed	13 週四 Thu	14 週五 Fri	15 週六 Sat	16 週日 Sun	17 週一 Mon	18 週二 Tue	19 週三 Wed	20 週四 Thu	21 週五 Fri	22 週六 Sat	23 週日 Sun	24 週一 Mon	25 週二 Tue	26 週三 Wed	27 週四 Thu	28 週五 Fri	29 週六 Sat	30 週日 Sun
06:15 - 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	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
08:00 - 08:30	A	A	A	A	A	A	A	B	A	B	A	B	A	B	B	A	A	A	B	B	A	B	A	B	A	B	B	B	A	A
08:30 - 09:00	A	A	A	A	A	A	A	B	A	B	A	B	A	B	B	A	A	A	B	B	A	B	A	B	A	B	B	B	A	A
09:00 - 09:30	A	A	A	A	A	A	A	B	A	B	A	B	A	B	B	A	A	A	B	B	A	B	A	B	A	B	B	B	A	A
09:30 - 10:00	A	A	A	A	A	A	A	B	A	B	A	B	A	B	B	A	A	A	B	B	A	B	A	B	A	B	B	B	A	A
10:00 - 10:30	A	A	A	A	A	A	A	B	A	B	A	B	A	B	B	A	A	A	B	B	A	B	A	B	A	B	B	B	A	A
10:30 - 11:00	A	A	A	A	A	A	A	B	A	B	A	B	A	B	B	A	A	A	B	B	A	B	A	B	A	B	B	B	A	A
11:00 - 11:30	A	A	A	A	A	A	A	B	A	B	A	B	A	B	B	A	A	A	B	B	A	B	A	B	A	B	B	B	A	A
11:30 - 12:00	A	A	A	A	A	A	A	B	A	B	A	B	A	B	B	A	A	A	B	B	A	B	A	B	A	B	B	B	A	A
12:00 - 12:30	A	A	A	A	A	A	A	B	A	B	A	B	A	B	B	A	A	A	B	B	A	A	A	B	A	B	B	B	A	A
12:30 - 13:00	A	A	A	A	A	A	A	B	A	B	A	B	A	B	B	A	A	A	B	B	A	A	A	B	A	B	B	B	A	A
13:00 - 13:30	A	A	A	A	A	A	A	A	A	B	A	B	A	B	A	A	A	A	B	B	A	A	A	B	A	B	B	A	A	A
13:30 - 14:00	A	A	A	A	A	A	A	A	A	B	A	B	A	B	A	A	A	A	B	B	A	A	A	B	A	B	B	A	A	A
14:00 - 14:30	A	A	A	A	A	A	A	A	A	B	A	B	A	B	A	A	A	A	B	B	A	A	A	B	A	B	B	A	A	A
14:30 - 15:00	A	A	A	A	A	A	A	A	A	B	A	B	A	B	A	A	A	A	B	B	A	A	A	B	A	B	B	A	A	A
15:00 - 15:30	A	A	A	A	A	A	A	A	A	B	A	B	L	B	A	A	A	A	B	B	A	A	A	B	A	B	B	A	A	A
15:30 - 16:00	A	A	A	A	A	A	A	A	A	B	A	B	L	B	A	A	A	A	B	B	A	A	A	B	A	B	B	A	A	A
16:00 - 16:30	A	A	A	A	A	A	A	A	A	B	A	B	L	B	A	A	A	A	B	B	A	A	A	B	A	B	B	A	A	A
16:30 - 17:00	A	A	A	A	A	A	A	A	A	B	A	B	L	B	A	A	A	A	B	B	A	A	A	B	A	B	B	A	A	A
17:00 - 17:30	A	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
17:30 - 18:00	A	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
18:00 - 18:30	A	A	A	A	A	A	A	L	L	A	A	A	A	L	L	A	L	A	A	L	A	L	L	L	A	A	A	L	A	A
18:30 - 19:00	A	A	A	A	A	A	A	L	L	A	A	A	A	L	L	A	L	A	A	L	A	L	L	L	A	A	A	L	A	A
19:00 - 19:30	A	A	A	A	A	A	A	L	L	A	A	A	A	L	L	A	L	A	A	L	A	L	L	L	A	A	A	L	A	A
19:30 - 20:00	A	A	A	A	A	A	A	L	L	L	A	L	A	L	L	A	L	A	L	L	L	L	L	L	A	A	L	L	A	A
20:00 - 20:30	A	A	A	A	A	A	A	L	L	L	A	L	A	L	L	A	L	A	L	L	L	L	L	L	A	A	L	L	A	A
20:30 - 21:00	A	A	A	A	A	A	A	L	L	L	A	L	A	L	L	A	L	A	L	L	L	L	L	L	A	A	L	L	A	A
21:00 - 21:30	A	A	A	A	A	A	A	L	L	A	A	L	A	L	L	A	L	A	L	L	L	A	L	A	A	L	L	L	A	A
21:30 - 22:00	A	A	A	A	A	A	A	L	L	A	A	L	A	L	L	A	L	A	L	L	L	A	L	A	A	L	L	L	A	A
22:00 - 22:30	A	A	A	A	A	A	A	L	L	A	A	L	A	L	L	A	L	A	L	L	L	A	L	A	A	L	L	L	A	A

場地的預訂情況會隨時更改，請向場地查詢最新安排。 The booking condition is subject to change from time to time. For updated arrangement, please contact the venue direct.

發出日期 Date of issue 18/10/2025

最新更新日期 Date of latest update 18/10/2025