

銅鑼灣運動場緩步跑開放時間(2024年10月) Opening Hour for Jogging of Causeway Bay Sports Ground in October 2024

備註 Notes:

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緩步跑開放時間 Opening Hours for Jogging

緩跑徑(近香港中華游樂會全段)將於2024年8月26日至11月15日暫時關閉,以便進行兩水渠道工程。不便之處,敬請原諒。

草地保養,緩跑徑正常開放。Turf Maintenance. Jogging track is still open to the public.

草地地球場已被團體預訂,緩跑徑正常開放。Grass Pitch is block booking. Jogging track is still open to the public. (F: 足球 Football)

草地地球場已被團體預訂,緩跑徑正常開放。Grass Pitch is block booking. Jogging track is still open to the public. (R: 欖球 Rugby)

運動場已被團體預訂,緩跑徑正常開放。Sports Ground is block booking. Jogging track is still open to the public.

100米5線跑道已被團體預訂,緩跑徑正常開放。Athletic Track is block booking. Jogging track is still open to the public.

| 日期 Date | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|---------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 時間 Time | 週二 Tue | 週三 Wed | 週四 Thu | 週五 Fri | 週六 Sat | 週日 Sun | 週一 Mon | 週二 Tue | 週三 Wed | 週四 Thu | 週五 Fri | 週六 Sat | 週日 Sun | 週一 Mon | 週二 Tue | 週三 Wed | 週四 Thu | 週五 Fri | 週六 Sat | 週日 Sun | 週一 Mon | 週二 Tue | 週三 Wed | 週四 Thu | 週五 Fri | 週六 Sat | 週日 Sun | 週一 Mon | 週二 Tue | 週三 Wed | 週四 Thu |
| 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 |
| 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 |
| 08:00 - 08:30 | A | A | T | A | A | A | T | A | A | T | A | A | A | T | A | A | T | A | A | A | T | A | A | T | A | A | A | T | A | A | T |
| 08:30 - 09:00 | A | A | T | A | A | A | T | A | A | T | A | A | A | T | A | A | T | A | A | A | T | A | A | T | A | A | A | T | A | A | T |
| 09:00 - 09:30 | A | A | T | A | A | A | T | A | A | T | A | A | A | T | A | A | T | A | A | A | T | A | A | T | A | A | A | T | A | A | T |
| 09:30 - 10:00 | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T |
| 10:00 - 10:30 | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T |
| 10:30 - 11:00 | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T |
| 11:00 - 11:30 | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T |
| 11:30 - 12:00 | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T |
| 12:00 - 12:30 | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T | A | A | R | T | A | A | T |
| 12:30 - 13:00 | A | A | T | A | A | A | A | A | A | T | A | A | A | A | A | A | T | A | A | A | A | A | A | T | A | A | A | A | A | A | T |
| 13:00 - 13:30 | A | A | T | A | A | A | A | A | A | T | A | A | A | A | A | A | T | A | A | A | A | A | A | T | A | A | A | A | A | A | T |
| 13:30 - 14:00 | A | A | T | A | F | R | A | A | A | T | A | F | R | A | A | A | T | A | F | R | A | A | A | T | A | A | R | A | A | A | T |
| 14:00 - 14:30 | A | A | T | A | F | R | A | A | A | T | A | F | R | A | A | A | T | A | F | R | A | A | A | T | A | A | R | A | A | A | T |
| 14:30 - 15:00 | A | A | T | A | F | R | A | A | A | T | A | F | R | A | A | A | T | A | F | R | A | A | A | T | A | A | R | A | A | A | T |
| 15:00 - 15:30 | A | A | T | A | F | R | A | F | A | T | A | F | R | A | F | A | T | A | F | R | A | F | A | T | A | A | R | A | A | A | T |
| 15:30 - 16:00 | A | A | T | A | F | R | A | F | A | T | A | F | R | A | F | A | T | A | F | R | A | F | A | T | A | A | R | A | A | A | T |
| 16:00 - 16:30 | A | A | T | A | F | R | A | F | A | T | A | F | R | A | F | A | T | A | F | R | A | F | A | T | A | A | R | A | A | A | T |
| 16:30 - 17:00 | A | A | A | A | F | R | A | F | A | A | A | F | R | A | F | A | A | A | F | R | A | F | A | A | A | A | R | A | A | A | A |
| 17:00 - 17:30 | A | A | A | A | F | R | A | F | A | A | A | F | R | A | F | A | A | A | F | R | A | F | A | A | A | A | R | A | A | A | A |
| 17:30 - 18:00 | A | A | A | A | F | R | A | F | A | A | A | F | R | A | F | A | A | A | F | R | A | F | A | A | A | A | R | A | A | A | A |
| 18:00 - 18:30 | A | A | A | A | F | A | F | F | A | A | A | A | A | A | F | A | A | A | F | A | A | F | A | A | A | A | F | A | A | A | A |
| 18:30 - 19:00 | A | A | A | A | F | A | F | F | A | A | A | A | A | A | F | A | A | A | F | A | A | F | A | A | A | A | F | A | A | A | A |
| 19:00 - 19:30 | A | A | A | A | F | A | F | F | A | A | A | A | A | A | F | A | A | A | F | A | A | F | A | A | A | A | F | A | A | A | A |
| 19:30 - 20:00 | A | R | A | A | F | A | A | F | R | A | A | A | A | A | F | R | A | A | F | A | A | F | A | A | A | A | F | A | A | A | A |
| 20:00 - 20:30 | A | R | A | A | F | A | A | F | R | A | A | A | A | A | F | R | A | A | F | A | A | F | A | A | A | A | F | A | A | A | A |
| 20:30 - 21:00 | A | R | A | A | F | A | A | F | R | A | A | A | A | A | F | R | A | A | F | A | A | F | A | A | A | A | F | A | A | A | A |
| 21:00 - 21:30 | A | A | A | A | F | A | A | F | A | A | A | A | A | A | F | A | A | A | F | A | A | F | A | A | A | A | F | A | A | A | A |
| 21:30 - 22:00 | A | A | A | A | F | A | A | F | A | A | A | A | A | A | F | A | A | A | F | A | A | F | A | A | A | A | F | A | A | A | A |
| 22:00 - 22:30 | A | A | A | A | F | A | A | F | A | A | A | A | A | A | F | A | A | A | F | A | A | F | A | A | A | A | F | A | A | 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.

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