

兆麟運動場緩步跑開放時間(2024年9月) Opening Hour for Jogging of Siu Lun Sports Ground in September 2024

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 3 條線道給公眾人士作緩跑之用。 Jogging will be confined to the 3 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)，跑道暫停開放。 Running tracks are closed for block booking (Athletic Meet / Athletic Training / Other Activity). |
| M | 場地關閉 Venue closed |

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

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 15.08.2024

最新更新日期 Date of latest update 9.08.2024

暫停開放的詳情 Details of the Temporary Closure

| 暫停開放時期及時間 Date & Time of Temporary Closure | 設施 Facilities | 原因 Reason | 備註 Remarks |
|--|---------------|------------------------|--|
| 2024/9/2,9,16,23,30 (星期一 Monday) 1500-1700 | 全場 All | 田徑訓練 Athletic Training | 主辦機構: 圓玄小學, 何日東小學, 胡少渠紀念小學, 何式南小學, 鄭任安夫人千禧小學 Organiser: Yuen Yuen Primary School, Ho Yat Tung Primary School, Wu Siu Kui Memorial Primary School, Yan Chai Hospital Ho Sik Nam Primary School Mrs. Cheng Yam On Millennium School |
| 2024/9/3,10,17,24 (星期二 Tuesday) 15:00 - 17:00 | 全場 All | 田徑訓練 Athletic Training | 主辦機構: 劉皇發夫人小學, 道教青松小學, 梁銻琚中學, 鄭任安夫人學校, 呂祥光小學 Organiser: YOT Madam Lau Wong Fat Primary School, Taoist Ching Chung Primary School, Leung Kau Kui College, Mrs. Cheng Yam On School, Lui Cheung Kwong Lutheran Primary School |
| 2024/9/5,12 (星期四 Thursday) 1600 - 1800 | 全場 All | 田徑訓練 Athletic Training | 主辦機構: 香港智障人士體育協會 Organiser: HKSA for Persons with Intellectual Disability |
| 2024/9/6,13,20,27 (星期五 Friday) 15:00 - 17:00 | 全場 All | 田徑訓練 Athletic Training | 主辦機構: 鄧肇堅小學, 梁銻琚中學, 何日東小學, 圓玄小學, 呂祥光小學 Organiser: Tung Wah Group of Hospital Tang Shiu Kin Primary School, Leung Kau Kui College, Ho Yat Tung Primary School, Yuen Yuen Primary School, Lui Cheung Kwong Lutheran Primary School |