

兆麟運動場緩步跑開放時間(2024年10月) Opening Hour for Jogging of Siu Lun Sports Ground in October 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	31 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	
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	B	A	A	A	A	A	A
08:30 - 09:00	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A
09:00 - 09:30	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A
09:30 - 10:00	B	A	A	A	L	L	A	A	A	A	L	L	L	A	A	A	A	A	L	L	A	A	A	A	B	L	L	A	A	A	A
10:00 - 10:30	B	A	A	A	L	L	A	A	A	A	L	L	L	A	A	A	A	A	L	L	A	A	A	A	B	L	L	A	A	A	A
10:30 - 11:00	B	A	A	A	L	L	A	A	A	A	L	L	L	A	A	A	A	A	L	L	A	A	A	A	B	L	L	A	A	A	A
11:00 - 11:30	B	A	A	A	L	L	A	A	A	A	L	L	L	A	A	A	A	A	L	L	A	A	A	A	B	L	L	A	A	A	A
11:30 - 12:00	B	A	A	A	L	L	A	A	A	A	L	L	L	A	A	A	A	A	L	L	A	A	A	A	B	L	L	A	A	A	A
12:00 - 12:30	B	M	A	A	L	L	A	A	M	A	L	L	L	A	A	M	A	A	L	L	A	A	M	A	B	L	L	A	A	M	A
12:30 - 13:00	B	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	B	A	A	A	A	M	A
13:00 - 13:30	B	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	B	A	A	A	A	M	A
13:30 - 14:00	B	M	A	A	L	L	A	A	M	A	A	A	L	A	A	M	A	A	L	L	A	A	M	A	B	A	A	A	A	M	A
14:00 - 14:30	B	M	A	A	L	L	A	A	M	A	A	A	L	A	A	M	A	A	L	L	A	A	M	A	A	A	A	A	A	M	A
14:30 - 15:00	B	M	A	A	L	L	A	A	M	A	A	A	L	A	A	M	A	A	L	L	A	A	M	A	A	A	A	A	A	M	A
15:00 - 15:30	B	M	A	B	A	L	B	B	M	A	A	A	L	B	B	M	A	B	A	L	B	B	M	A	B	A	A	B	B	M	A
15:30 - 16:00	B	M	A	B	A	L	B	B	M	A	A	A	L	B	B	M	A	B	A	L	B	B	M	A	B	A	A	B	B	M	A
16:00 - 16:30	B	A	A	B	A	L	B	B	A	B	A	A	L	B	B	A	A	B	A	L	B	B	A	B	B	A	A	B	B	A	A
16:30 - 17:00	B	A	L	B	A	L	B	B	A	B	A	A	A	B	B	A	L	B	A	L	B	B	A	B	B	A	A	B	B	A	A
17:00 - 17:30	B	A	L	A	A	L	A	A	A	B	A	A	A	A	A	A	L	A	A	L	A	A	A	B	A	A	A	A	A	A	A
17:30 - 18:00	B	A	L	A	A	L	A	A	A	B	A	A	A	A	A	A	L	A	A	L	A	A	A	B	A	A	A	A	A	A	A
18:00 - 18:30	A	A	L	L	A	A	L	L	A	L	A	A	A	L	L	A	L	L	A	A	L	L	A	L	L	A	A	L	L	A	L
18:30 - 19:00	A	A	L	L	A	A	L	L	A	L	A	A	A	L	L	A	L	L	A	A	L	L	A	L	L	A	A	L	L	A	L
19:00 - 19:30	A	A	L	L	A	A	L	L	A	L	A	A	A	L	L	A	L	L	A	A	L	L	A	L	L	A	A	L	L	A	L
19:30 - 20:00	A	A	A	L	A	A	L	L	A	L	A	A	A	L	L	A	A	L	A	A	L	L	A	L	L	A	A	L	L	A	L
20:00 - 20:30	A	A	A	L	A	A	L	L	A	L	A	A	A	L	L	A	A	L	A	A	L	L	A	L	L	A	A	L	L	A	L
20:30 - 21:00	A	A	A	L	A	A	L	L	A	L	A	A	A	L	L	A	A	L	A	A	L	L	A	L	L	A	A	L	L	A	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
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
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

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 15.09.2024

最新更新日期 Date of latest update 9.9.2024

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
2024/10/1 (星期一 Monday) 0830-1800	全場 All	其他活動 Other Activity	主辦機構: 屯門體育會 Organiser: Tuen Mun Sports Association
2024/10/7,14,21,28 (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
2024/10/8,15,22,29 (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
2024/10/10,24 (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
2024/10/4,18,25 (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
2024/10/25 (星期五 Friday) 0800-1400	全場 All	學校運動會 School Sports Day	主辦機構: 聖公會青山聖彼得堂兆麟苑幼稚園 Organiser: S.K.H. St. Peter's Church Castle Peak Siu Lun Court Kindergarten