

# 北區運動場緩步跑開放時間(2024年10月) Opening Hour for Jogging of North District 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六至八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)，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<br>時間 Time | 1<br>週二<br>Tue | 2<br>週三<br>Wed | 3<br>週四<br>Thu | 4<br>週五<br>Fri | 5<br>週六<br>Sat | 6<br>週日<br>Sun | 7<br>週一<br>Mon | 8<br>週二<br>Tue | 9<br>週三<br>Wed | 10<br>週四<br>Thu | 11<br>週五<br>Fri | 12<br>週六<br>Sat | 13<br>週日<br>Sun | 14<br>週一<br>Mon | 15<br>週二<br>Tue | 16<br>週三<br>Wed | 17<br>週四<br>Thu | 18<br>週五<br>Fri | 19<br>週六<br>Sat | 20<br>週日<br>Sun | 21<br>週一<br>Mon | 22<br>週二<br>Tue | 23<br>週三<br>Wed | 24<br>週四<br>Thu | 25<br>週五<br>Fri | 26<br>週六<br>Sat | 27<br>週日<br>Sun | 28<br>週一<br>Mon | 29<br>週二<br>Tue | 30<br>週三<br>Wed | 31<br>週四<br>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               | 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               | A |
| 08:00 - 08:30      | A              | A              | A              | B              | B              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | A               | A               | B               | B               | A               | B               |   |
| 08:30 - 09:00      | A              | A              | A              | B              | B              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | A               | A               | B               | B               | A               | B               |   |
| 09:00 - 09:30      | A              | A              | A              | B              | B              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | A               | A               | B               | B               | A               | B               |   |
| 09:30 - 10:00      | A              | A              | L              | B              | B              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 10:00 - 10:30      | A              | A              | L              | B              | B              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 10:30 - 11:00      | A              | A              | L              | B              | B              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 11:00 - 11:30      | A              | A              | A              | B              | B              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 11:30 - 12:00      | A              | A              | A              | B              | B              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 12:00 - 12:30      | A              | A              | A              | B              | B              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 12:30 - 13:00      | A              | A              | A              | B              | B              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 13:00 - 13:30      | A              | A              | A              | B              | A              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 13:30 - 14:00      | A              | A              | A              | B              | A              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 14:00 - 14:30      | A              | A              | A              | B              | A              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 14:30 - 15:00      | A              | A              | A              | B              | A              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 15:00 - 15:30      | A              | A              | A              | B              | A              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 15:30 - 16:00      | A              | A              | A              | B              | A              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 16:00 - 16:30      | A              | A              | A              | B              | A              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 16:30 - 17:00      | A              | A              | A              | B              | A              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 17:00 - 17:30      | A              | A              | A              | B              | A              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 17:30 - 18:00      | A              | A              | A              | B              | A              | A              | B              | B              | A              | B               | A               | L               | L               | B               | B               | A               | B               | A               | L               | L               | B               | B               | A               | B               | B               | B               | A               | B               | B               | A               | B               |   |
| 18:00 - 18:30      | A              | A              | A              | A              | A              | A              | A              | B              | A              | A               | A               | L               | L               | A               | B               | A               | A               | A               | L               | L               | A               | B               | A               | A               | A               | B               | A               | A               | B               | A               | A               |   |
| 18:30 - 19:00      | A              | A              | A              | A              | A              | A              | A              | B              | A              | A               | A               | L               | L               | A               | B               | A               | A               | A               | L               | L               | A               | B               | A               | A               | A               | B               | A               | A               | B               | A               | A               |   |
| 19:00 - 19:30      | A              | A              | A              | A              | A              | A              | A              | A              | A              | A               | A               | L               | L               | A               | A               | A               | A               | A               | L               | L               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               |   |
| 19:30 - 20:00      | A              | A              | L              | A              | A              | A              | L              | A              | A              | A               | A               | L               | L               | A               | A               | A               | L               | A               | L               | L               | A               | L               | A               | L               | A               | B               | A               | A               | L               | A               | L               |   |
| 20:00 - 20:30      | A              | A              | L              | A              | A              | A              | L              | A              | A              | A               | A               | L               | L               | A               | A               | A               | L               | A               | L               | L               | A               | L               | A               | L               | A               | A               | A               | A               | L               | A               | L               |   |
| 20:30 - 21:00      | A              | A              | L              | A              | A              | A              | L              | A              | A              | A               | A               | L               | L               | A               | A               | A               | L               | A               | L               | L               | A               | L               | A               | L               | A               | A               | A               | A               | L               | A               | L               |   |
| 21:00 - 21:30      | A              | A              | L              | A              | A              | A              | L              | A              | A              | A               | A               | L               | L               | A               | A               | A               | L               | A               | L               | L               | A               | L               | A               | L               | A               | A               | A               | A               | L               | A               | L               |   |
| 21:30 - 22:00      | A              | A              | L              | A              | A              | A              | L              | A              | A              | A               | A               | A               | A               | A               | A               | A               | L               | A               | A               | A               | A               | L               | A               | L               | A               | A               | A               | A               | L               | A               | L               |   |
| 22:00 - 22:30      | A              | A              | L              | A              | A              | A              | L              | A              | A              | A               | A               | A               | A               | A               | A               | A               | L               | A               | A               | A               | A               | L               | A               | L               | A               | A               | A               | A               | L               | A               | L               |   |
| 22:30 - 23:00      | 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 |

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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