

# 馬鞍山運動場緩步跑開放時間(2025年1月) Opening Hour for Jogging of Ma On Shan Sports Ground in January 2025

備註 Notes:

<b>A</b>	緩步跑開放時間 Opening Hours for Jogging
<b>L</b>	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號條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>B</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).
<b>M</b>	場地關閉 Venue closed

日期 Date 時間 Time	1 週三 Wed	2 週四 Thu	3 週五 Fri	4 週六 Sat	5 週日 Sun	6 週一 Mon	7 週二 Tue	8 週三 Wed	9 週四 Thu	10 週五 Fri	11 週六 Sat	12 週日 Sun	13 週一 Mon	14 週二 Tue	15 週三 Wed	16 週四 Thu	17 週五 Fri	18 週六 Sat	19 週日 Sun	20 週一 Mon	21 週二 Tue	22 週三 Wed	23 週四 Thu	24 週五 Fri	25 週六 Sat	26 週日 Sun	27 週一 Mon	28 週二 Tue	29 週三 Wed	30 週四 Thu	31 週五 Fri	
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	M	M	M	
07:00 - 07:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A	A	A	A	M	M	M
07:30 - 08:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A	A	A	A	M	M	M
08:00 - 08:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	A	B	A	B	B	B	B	A	A	B	A	M	M	M
08:30 - 09:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	A	B	A	B	B	B	B	A	A	B	A	M	M	M
09:00 - 09:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	A	B	A	B	B	B	B	A	B	A	M	M	M	
09:30 - 10:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	L	B	A	B	B	B	B	L	B	A	M	M	M	
10:00 - 10:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	L	B	A	B	B	B	B	L	B	A	M	M	M	
10:30 - 11:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	L	B	A	B	B	B	B	L	B	A	M	M	M	
11:00 - 11:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	L	B	A	B	B	B	A	L	B	A	M	M	M	
11:30 - 12:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	L	B	A	B	B	B	A	L	B	A	M	M	M	
12:00 - 12:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	L	B	A	B	B	B	A	L	A	A	M	M	M	
12:30 - 13:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	A	B	A	B	B	B	A	A	A	A	M	M	M	
13:00 - 13:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	A	B	A	B	B	B	A	A	A	A	M	M	M	
13:30 - 14:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	L	B	A	B	B	B	A	L	A	A	M	M	M	
14:00 - 14:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	L	B	A	B	B	B	B	L	A	A	M	M	M	
14:30 - 15:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	L	B	A	B	B	B	B	L	A	A	M	M	M	
15:00 - 15:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	L	B	A	B	B	B	B	L	A	A	M	M	M	
15:30 - 16:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	L	B	A	B	B	B	B	L	A	A	M	M	M	
16:00 - 16:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	L	B	A	B	B	B	A	L	A	A	M	M	M	
16:30 - 17:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	L	B	A	B	B	B	L	L	A	A	M	M	M	
17:00 - 17:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	L	B	A	B	A	A	L	L	A	A	M	M	M	
17:30 - 18:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	L	B	A	B	A	A	L	L	A	A	M	M	M	
18:00 - 18:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	A	M	M	M	
18:30 - 19:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	A	M	M	M	
19:00 - 19:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	A	M	M	M	
19:30 - 20:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	A	L	L	L	A	A	L	A	M	M	M	
20:00 - 20:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	A	L	L	L	A	A	L	A	M	M	M	
20:30 - 21:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	A	L	L	L	A	A	L	A	M	M	M	
21:00 - 21:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	A	L	L	L	A	A	L	A	M	M	M	
21:30 - 22:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	A	L	L	L	A	A	L	A	M	M	M	
22:00 - 22:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	A	L	L	L	A	A	L	A	M	M	M	

\* 馬鞍山運動場草地足球場將於2024年12月27日至2025年1月16日暫停開放，以便進行冬季草地保養工程，同時跑道進行維修工程，將會局部開放。在設施關閉期間，市民可使用同區的沙田運動場草地足球場。不便之處，敬請原諒。

\* The Natural Turf Soccer Pitch of Ma On Shan Sports Ground will be temporarily closed from 27 December 2024 to 16 January 2025 for winter turf maintenance works, while the running track will open partially due to maintenance works.

During the closure period, members of the public may use the natural turf soccer pitch of Shatin Sports Ground in the same district. We apologize for any inconvenience caused.

本場地於2025年1月29日(年初一)至1月31日(年初三)暫停開放，並於2025年2月1日(年初四)重新開放。不便之處，敬請原諒。

This venue will be closed from 29 to 31 January 2025 during Lunar New Year holidays. It will be reopened on 1 February 2025. We apologize for any inconvenience caused.

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.