

# 香港仔運動場緩步跑開放時間(2024年10月) Opening Hour for Jogging of Aberdeen Sports Ground in October 2024

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，只開放3至6號線道給公眾人士作緩跑之用。Jogging will be confined to the lane no. 3 to 6 of the track when concurrent use with ball activities.
<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>T</b>	運動場同時有緩步跑及LCSD長跑班活動、田徑訓練 Concurrent use with LCSD Class & Athletic Training

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	
06:45 - 07:00	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	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	B	A	A	A	A	A	A	B	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	B	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A	A	A	A	A	A
08:00 - 08:30	A	A	A	A	A	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	A	A	B	B	A	B	
08:30 - 09:00	A	A	A	A	A	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	A	A	B	B	A	B	
09:00 - 09:30	A	A	A	A	A	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	A	A	B	B	A	B	
09:30 - 10:00	A	A	A	A	A	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	A	A	B	B	A	B	
10:00 - 10:30	A	A	A	A	A	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	A	A	B	B	A	B	
10:30 - 11:00	A	A	A	A	A	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	A	A	B	B	A	B	
11:00 - 11:30	A	A	A	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	
11:30 - 12:00	A	A	A	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	
12:00 - 12:30	A	A	A	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	
12:30 - 13:00	A	A	A	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	
13:00 - 13:30	A	A	A	A	B	A	B	B	A	A	A	B	A	B	A	A	B	A	B	A	B	B	A	B	A	B	A	B	A	A	B	
13:30 - 14:00	A	A	A	A	B	A	B	B	A	A	A	B	A	B	A	A	B	A	B	A	B	B	A	B	A	B	A	B	A	A	B	
14:00 - 14:30	A	A	A	A	B	A	B	B	A	A	A	B	A	B	A	A	B	A	B	A	B	B	A	B	A	B	A	B	A	A	B	
14:30 - 15:00	A	A	A	A	B	A	B	B	A	A	A	B	A	B	A	A	B	A	B	A	B	B	A	B	A	B	A	B	A	A	B	
15:00 - 15:30	A	A	A	A	B	A	B	B	A	A	A	B	A	B	A	A	B	A	B	A	B	B	A	B	A	B	A	B	A	A	B	
15:30 - 16:00	A	A	A	A	B	A	B	B	A	A	A	B	A	B	A	A	B	A	B	A	B	B	A	B	A	B	A	B	A	A	B	
16:00 - 16:30	A	A	A	A	B	A	B	B	A	A	A	B	A	B	A	A	B	A	B	A	B	B	A	B	A	B	A	B	A	A	B	
16:30 - 17:00	A	A	A	A	B	A	B	B	A	A	A	B	A	B	A	A	B	A	B	A	B	B	A	B	A	B	A	B	A	A	B	
17:00 - 17:30	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	B	A	B	A	A	A	A	A	A	B	A	A	A	A	A	
17:30 - 18:00	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	B	A	B	A	A	A	A	A	A	B	A	A	A	A	A	
18:00 - 18:30	A	A	T	A	B	A	A	A	A	T	A	B	A	A	A	A	T	A	B	A	A	A	A	T	A	B	A	A	A	A	T	
18:30 - 19:00	A	A	T	A	B	A	A	A	A	T	A	B	A	A	A	A	T	A	B	A	A	A	A	T	A	B	A	A	A	A	T	
19:00 - 19:30	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	B	A	A	A	A	T	
19:30 - 20:00	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	B	A	A	A	A	T	
20:00 - 20:30	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	B	A	A	A	A	A	
20:30 - 21:00	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	B	A	A	A	A	A	
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	

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 26.9.2024

最新更新日期 Date of latest update 30.9.2024