

# 香港仔運動場緩步跑開放時間(2025年2月) Opening Hour for Jogging of Aberdeen Sports Ground in February 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，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
<b>M</b>	場地關閉 Venue closed

日期 時間 Date Time	1 週六 Sat	2 週日 Sun	3 週一 Mon	4 週二 Tue	5 週三 Wed	6 週四 Thu	7 週五 Fri	8 週六 Sat	9 週日 Sun	10 週一 Mon	11 週二 Tue	12 週三 Wed	13 週四 Thu	14 週五 Fri	15 週六 Sat	16 週日 Sun	17 週一 Mon	18 週二 Tue	19 週三 Wed	20 週四 Thu	21 週五 Fri	22 週六 Sat	23 週日 Sun	24 週一 Mon	25 週二 Tue	26 週三 Wed	27 週四 Thu	28 週五 Fri	
06:45 - 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	
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
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
08:00 - 08:30	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	B	B	A	B	A	A	A	B	B	A	B	A	A
08:30 - 09:00	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	B	B	A	B	A	A	A	B	B	A	B	A	A
09:00 - 09:30	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	B	B	A	B	A	A	A	B	B	A	B	A	A
09:30 - 10:00	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	B	B	A	B	A	A	A	B	B	A	B	A	A
10:00 - 10:30	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	B	B	A	B	A	A	A	B	B	A	B	A	A
10:30 - 11:00	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	B	B	A	B	A	A	A	B	B	A	B	A	A
11:00 - 11:30	A	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	A
11:30 - 12:00	L	A	L	L	A	B	A	B	A	A	A	A	B	L	B	A	B	B	A	B	L	B	A	B	B	A	B	L	A
12:00 - 12:30	L	A	L	L	A	B	A	B	A	A	A	A	B	L	B	A	B	B	A	B	L	B	A	B	B	A	B	L	A
12:30 - 13:00	L	A	L	L	A	B	A	B	A	A	A	A	B	L	B	A	B	B	A	B	L	B	A	B	B	A	B	L	A
13:00 - 13:30	A	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	B	A	B	A	B	A	B	B	A	B	A	A
13:30 - 14:00	A	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	B	A	B	A	B	A	B	B	A	B	A	A
14:00 - 14:30	A	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	B	A	B	A	B	A	B	B	A	B	A	A
14:30 - 15:00	A	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	B	A	B	A	B	A	B	B	A	B	A	A
15:00 - 15:30	A	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	B	A	B	A	B	A	B	B	A	B	A	A
15:30 - 16:00	A	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	B	A	B	A	B	A	B	B	A	B	A	A
16:00 - 16:30	A	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	B	A	B	A	B	A	B	B	A	B	A	A
16:30 - 17:00	A	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	B	A	B	A	B	A	B	B	A	B	A	A
17:00 - 17:30	A	A	A	A	A	T	A	B	A	A	A	A	T	A	B	A	A	T	A	T	A	B	A	A	T	A	T	A	A
17:30 - 18:00	A	A	A	A	A	T	A	B	A	A	A	A	T	A	B	A	A	T	A	T	A	B	A	A	T	A	T	A	A
18:00 - 18:30	A	A	A	A	A	A	A	B	A	A	A	A	T	A	B	A	A	A	A	T	A	B	A	A	A	A	T	A	A
18:30 - 19:00	A	A	A	A	A	A	A	B	A	A	A	A	T	A	B	A	A	A	A	T	A	B	A	A	A	A	T	A	A
19:00 - 19:30	A	A	T	A	A	A	A	B	A	T	A	A	T	A	A	A	T	A	A	T	A	B	A	T	A	A	T	A	A
19:30 - 20:00	A	A	T	A	A	A	A	B	A	T	A	A	T	A	A	A	T	A	A	T	A	B	A	T	A	A	T	A	A
20:00 - 20:30	A	A	T	A	A	A	A	B	A	T	A	A	A	A	A	A	T	A	A	A	A	B	A	T	A	A	A	A	A
20:30 - 21:00	A	A	T	A	A	A	A	B	A	T	A	A	A	A	A	A	T	A	A	A	A	B	A	T	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
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

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 25.1.2025

最新更新日期 Date of latest update 25.1.2025

## 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
2025/02/06 08:00-17:00	全場 All	學校運動會 School Athletic Meet	
2024/02/08 11:00-21:00	全場 All	欖球活動 Rugby	中國香港欖球總會 HKCR
2025/02/13 08:00-17:00	全場 All	學校運動會 School Athletic Meet	
2024/02/15 11:00-19:00	全場 All	足球活動 Football	中國香港足球總會 HKFA
2024/02/17 08:00-13:00	全場 All	學校運動會 School Athletic Meet	
2024/02/18 08:00-17:00	全場 All	學校運動會 School Athletic Meet	
2024/02/20 08:00-17:00	全場 All	學校運動會 School Athletic Meet	
2024/02/22 11:00-21:00	全場 All	欖球活動 Rugby	中國香港欖球總會 HKCR
2024/02/24 08:00-17:00	全場 All	學校運動會 School Athletic Meet	
2024/02/25 08:00-17:00	全場 All	學校運動會 School Athletic Meet	
2024/02/27 08:00-17:00	全場 All	學校運動會 School Athletic Meet	