

# 銅鑼灣運動場緩步跑開放時間(2024年8月) Opening Hour for Jogging of Causeway Bay Sports Ground in August 2024

備註 Notes:

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緩步跑開放時間 Opening Hours for Jogging  
 草地保養，緩跑徑正常開放。Turf Maintenance. Jogging track is still open to the public.  
 草地球場已被團體預訂，緩跑徑正常開放。Grass Pitch is block booking. Jogging track is still open to the public. (F: 足球 Football)  
 草地球場已被團體預訂，緩跑徑正常開放。Grass Pitch is block booking. Jogging track is still open to the public. (R: 欖球 Rugby)  
 運動場已被團體預訂，緩跑徑正常開放。Sports Ground is block booking. Jogging track is still open to the public.  
 100米5線跑道已被團體預訂，緩跑徑正常開放。Athletic Track is block booking. Jogging track is still open to the public.

日期 Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
時間 Time	週四 Thu	週五 Fri	週六 Sat	週日 Sun	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週五 Fri	週六 Sat	週日 Sun	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週五 Fri	週六 Sat	週日 Sun	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週五 Fri	週六 Sat	週日 Sun	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週五 Fri	週六 Sat	
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	
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	T	A	R	A	T	A	A	T	A	A	A	T	A	A	T	A	A	A	T	A	A	T	A	R	A	T	A	A	T	A	R	
08:30 - 09:00	T	A	R	A	T	A	A	T	A	A	A	T	A	A	T	A	A	A	T	A	A	T	A	R	A	T	A	A	T	A	R	
09:00 - 09:30	T	S	R	A	T	A	S	T	S	A	A	T	A	S	T	A	A	A	T	A	A	T	A	R	A	T	A	A	T	A	R	
09:30 - 10:00	T	S	R	R	T	A	S	T	S	A	A	T	A	S	T	A	A	A	T	A	A	T	A	R	R	T	A	A	T	A	R	
10:00 - 10:30	T	S	R	R	T	A	S	T	S	A	A	T	A	S	T	A	A	A	T	A	A	T	A	R	R	T	A	A	T	A	R	
10:30 - 11:00	T	S	R	R	T	A	S	T	S	A	A	T	A	S	T	A	A	A	T	A	A	T	A	R	R	T	A	A	T	A	R	
11:00 - 11:30	T	A	R	R	T	A	A	T	A	A	A	T	A	A	T	A	A	A	T	A	A	T	A	R	R	T	A	A	T	A	R	
11:30 - 12:00	T	A	R	R	T	A	A	T	A	A	A	T	A	A	T	A	A	A	T	A	A	T	A	R	R	T	A	A	T	A	R	
12:00 - 12:30	T	A	R	R	T	A	A	T	A	A	A	T	A	A	T	A	A	A	T	A	A	T	A	R	R	T	A	A	T	A	R	
12:30 - 13:00	T	A	R	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	R	A	A	A	A	T	A	R	
13:00 - 13:30	T	A	R	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	R	A	A	A	A	T	A	R	
13:30 - 14:00	T	A	R	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	R	A	A	A	A	T	A	R	
14:00 - 14:30	T	A	R	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	R	A	A	A	A	T	A	R	
14:30 - 15:00	T	A	R	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	R	A	A	A	A	T	A	R	
15:00 - 15:30	T	A	R	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	R	A	A	A	A	T	A	R	
15:30 - 16:00	T	A	R	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	R	A	A	A	A	T	A	R	
16:00 - 16:30	T	A	R	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	R	A	A	A	A	T	A	R	
16:30 - 17:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	R	A	A	A	A	A	A	A	R
17:00 - 17:30	A	L	A	A	A	A	L	A	A	A	A	A	A	A	A	L	A	A	A	A	L	A	A	R	A	A	A	A	A	A	A	R
17:30 - 18:00	A	L	A	A	A	A	L	A	A	A	A	A	A	A	A	L	A	A	A	A	L	A	A	R	A	A	A	A	A	A	A	R
18:00 - 18:30	A	L	A	A	A	A	L	A	A	A	A	A	A	A	A	L	A	A	F	A	L	A	A	A	A	F	A	A	A	A	A	
18:30 - 19:00	A	L	A	A	A	A	L	A	A	A	A	A	A	A	A	L	A	A	F	A	L	A	A	A	A	F	A	A	A	A	A	
19:00 - 19:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	F	A	A	A	A	A	A	F	A	A	A	A	A	
19:30 - 20:00	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	
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	A	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	A	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	
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 24.07.2024

最新更新日期 Date of latest update 24.07.2024

\* 2, 7, 16, 21 Aug 2024 - 香港長跑會 (1700-1900) \* 2, 7, 9, 14 Aug 2024 - 何東中學 (0900-1100)