

大埔運動場運動場緩步跑開放時間(2024年10月) Opening Hour for Jogging of Tai Po Sports Ground in October 2024

備註 Notes:

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| 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(開放線道數目)條線道給公眾人士作緩跑之用。Jogging will be confined to the (No. of lanes to be open) 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 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 |
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| 07:00 - 07:30 | B | 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 | B | 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 | B | B | B | L | A | A | A | B | B | A | L | A | A | A | B | B | B | A | A | A | A | B | B | B | A | A | A | A | B | B | B |
| 08:30 - 09:00 | B | B | B | L | A | A | A | B | B | A | L | A | A | A | B | B | B | A | A | A | A | B | B | B | A | A | A | A | B | B | B |
| 09:00 - 09:30 | B | B | B | L | A | A | A | B | B | A | L | A | A | A | B | B | B | A | A | A | A | B | B | B | A | A | A | A | B | B | B |
| 09:30 - 10:00 | B | B | B | A | A | A | A | B | B | A | A | A | A | A | B | B | B | A | A | A | A | B | B | B | A | A | A | A | B | B | B |
| 10:00 - 10:30 | B | B | B | A | A | A | A | B | B | A | A | A | A | A | B | B | B | A | A | A | A | B | B | B | A | A | A | A | B | B | B |
| 10:30 - 11:00 | B | B | B | A | A | A | A | B | B | A | A | A | A | A | B | B | B | A | A | A | A | B | B | B | A | A | A | A | B | B | B |
| 11:00 - 11:30 | B | B | B | A | A | A | A | B | B | A | A | A | B | A | B | B | B | A | B | A | A | B | B | B | A | B | A | A | B | B | B |
| 11:30 - 12:00 | B | B | B | A | A | A | A | B | B | A | A | A | B | A | B | B | B | A | B | A | A | B | B | B | A | B | B | A | B | B | B |
| 12:00 - 12:30 | B | B | B | A | B | A | M | B | B | B | A | A | B | M | B | B | B | A | B | A | M | B | B | B | A | B | B | M | B | B | B |
| 12:30 - 13:00 | B | B | B | A | B | A | M | B | B | B | A | A | B | M | B | B | B | A | B | A | M | B | B | B | A | B | B | M | B | B | B |
| 13:00 - 13:30 | B | B | B | A | B | A | M | B | B | B | A | A | B | M | B | B | B | A | B | A | M | B | B | B | A | B | B | M | B | B | B |
| 13:30 - 14:00 | B | B | B | A | B | A | M | B | B | B | A | A | B | M | B | B | B | A | B | A | M | B | B | B | A | B | B | M | B | B | B |
| 14:00 - 14:30 | B | B | B | A | B | A | M | B | B | B | A | A | B | M | B | B | B | A | B | A | M | B | B | B | A | B | B | M | B | B | B |
| 14:30 - 15:00 | B | B | B | A | B | A | M | B | B | B | A | A | B | M | B | B | B | A | B | A | M | B | B | B | A | B | B | M | B | B | B |
| 15:00 - 15:30 | B | B | B | A | B | A | A | B | A | B | A | A | B | A | B | B | B | A | B | A | A | B | B | B | A | B | B | A | B | B | B |
| 15:30 - 16:00 | B | B | B | A | B | A | A | B | A | B | A | A | B | A | B | B | B | A | B | A | A | B | B | B | A | B | B | A | B | B | B |
| 16:00 - 16:30 | B | B | B | A | B | A | A | B | A | B | A | A | B | A | B | B | B | A | B | A | A | B | B | B | A | B | B | A | B | B | B |
| 16:30 - 17:00 | B | B | B | A | B | A | A | B | A | B | A | A | B | A | B | B | B | A | B | A | A | B | B | B | A | B | B | A | B | B | B |
| 17:00 - 17:30 | B | B | B | A | B | A | A | B | A | B | A | A | B | A | B | B | B | A | B | A | A | B | B | B | A | B | B | A | B | B | B |
| 17:30 - 18:00 | B | B | B | A | B | A | A | B | A | B | A | A | B | A | B | B | B | A | B | A | A | B | B | B | A | B | B | A | B | B | B |
| 18:00 - 18:30 | B | A | A | A | B | L | A | A | A | A | A | A | B | A | A | A | A | A | B | A | A | A | A | A | A | A | B | B | A | A | A |
| 18:30 - 19:00 | B | A | A | A | B | L | A | A | A | A | A | A | B | A | A | A | A | A | B | A | A | A | A | A | A | A | B | B | A | A | A |
| 19:00 - 19:30 | B | A | A | A | B | L | A | A | A | A | A | A | B | A | A | A | A | A | B | A | A | A | A | A | A | A | B | B | A | A | A |
| 19:30 - 20:00 | B | A | A | A | B | A | A | A | L | L | A | A | B | A | A | L | A | A | B | A | A | L | A | A | A | L | A | B | B | A | A |
| 20:00 - 20:30 | B | A | A | A | B | A | A | A | L | L | A | A | B | A | A | L | A | A | B | A | L | A | A | A | L | A | B | B | A | A | L |
| 20:30 - 21:00 | B | A | A | A | B | A | A | A | L | L | A | A | B | A | A | L | A | A | B | L | A | A | A | L | A | B | B | A | A | L | |
| 21:00 - 21:30 | A | A | A | A | B | 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 | B | 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 | B | 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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