斧山道運動場緩步跑時間表 Opening Hours for Jogging for Hammer Hill Road Sports Ground

月份 / Month: 二零一七年十一月 / November 2017

| 時間 日期 | 0630- 0800 | 0800- 0900 1000 | 1000- 1100 | 1100- 1200 | 1200 1300 | | 300- 400 | 140 150 | | 1500- 1600 | | 500- 700 | 170 18 | | | 00- 00 | 1900 2000 | | 2000- 2100 | 2100- 2200 | | |
|----------|---------------|--|---------------|---------------|--------------|--------|-------------|------------|------|------------------|-----------------------------|-----------------------------|--------------|----|----------------|---------------|-----------------|------------|---------------|---------------|--|---|
| 1 (三) | | 運動會 / Athletic Meet | | | | | | | | | | | | | | 足理 Foot | | | | | | |
| 2 (四) | | 運動會 / Athletic Meet | | | | | | | | | 徑訓編 tic Tra | 東 / aining | | | | 足5 Foot | | | | | | |
| 3 (五) | | 運動會 / Athletic Meet | | | | | | | | | | | | | | L球/ otball | | | | | | |
| 4 (六) | | 運動會 / Athletic Meet HŒ帧鍊 / Athletic Training | | | | | | | | | | | | | | 足理 Foot | | | | | | |
| 5 (日) | | | | | | | | | | 足球/ ootba | 足球/ ootball Football | | | 1 | | | | | | | | |
| 6 (一) | | | | | | | | | | | | | | | | | | | | | | |
| 7 (二) | | 運動會 / Athletic Meet H密訓練 / Athletic Training | | | | | | | | | | | 足球 Foot | | | | | | | | | |
| 8 (三) | | 運動會 / Athletic Meet Ltt/ Football Ltt/ Football | | | | | | | | | | | | | | | | | | | | |
| 9 (四) | | 運動會 / Athletic Meet | | | | | | | | | 田徑訓練 / Athletic Training | | | | | | 足球/ Football | | | | | |
| 10 (五) | | 運動會 / Athletic Meet | | | | | | | | | | | | | | | | 足球 Foot | | L | | |
| 11 (六) | | 運動會 | / Athle | etic M | leet | | | | | 訓練 / Training | | | | | F | 足球/ ootbal | 1 | | 上球/ otball | | | |
| 12 (日) | | | 門班 | 求比劉 | € / Ga | teba | 11 C | omp | eti | tion | | | | | | | | | | | | |
| 13 (一) | | | | | | | | | | | | | | | | | | | | | | |
| 14 (二) | | 運動會 / Athletic Meet 田徑訓練 / Athletic Training | | | | | | | | | | 足理 Foot | | | | | | | | | | |
| 15 (三) | | | 궐 | 動會 | / Atl | ıletic | Me | eet | | | | | | | | | | | 皇球/ otball | | | |
| 16 (四) | | | 궐 | 動會 | / Atl | ıletic | Me | eet | | | | | | | 徑訓編 tic Tra | 東 / aining | | | | 足理 Foot | | L |
| 17 (五) | | | 궐 | 動會 | / Atl | ıletic | Me | eet | | | | | | | | | | | は球/ otball | | | |
| 18 (六) | | | | | | | | | | | | | 足球/ ootba | .1 | F | 足球/ ootbal | 1 | | | | | |
| 19 (日) | | | 門班 | 求比劉 | € / Ga | teba | 11 C | omp | eti | tion | | | | | | | | | | | | |
| 20 (一) | | | | | | | | | | | | | | | | | | | | | | |
| 21 (二) | | 運動會 / Athletic Meet | | | | | | | | | | 田徑訓練 / Athletic Training | | | | | | 足理 Foot | | | | |
| 22 (三) | | | | 動會 | / Atl | ıletic | Me | eet | | | | | | | | | | | | | | |
| 23 (四) | | 運動會 / Athletic Meet | | | | | | | | | | 田徑訓練 / Athletic Training | | | | | | | | | | |
| 24 (五) | | 運動會 / Athletic Meet | | | | | | | | | | | | | | | | | | | | |
| 25 (六) | | | J | 足總賽 | [事 / F | ootb | all A | ASSO | ciat | ion C | ompe | titic | n | | | | | | | | | |
| 26 (日) | | | , | 足總賽 | 手/F | ootb | all A | ssoc | ciat | ion C | ompe | etitic | n | | | | | | | | | |
| 27 (一) | | | | | | | | | | | | | | | | | | | | | | |
| 28 (一) | | 運動會 / Athletic Meet Heging / Athletic Training | | | | | | | | | | 足球 Foot | | | | | | | | | | |
| 29 (三) | | 運動會 / Athletic Meet | | | | | | | | | | | | | | | | | | | | |
| 30 (四) | | | | 動會 | / Atl | ıletic | Me | eet | | | | | | | 徑訓& tic Tra | 東 / aining | | | | | | |

^{**} 除緩步跑外,請勿進行其他活動

** 如有節目調動,上述開放時間可能會有更改,如有需要請致電2350 2876查詢。

| | 開放緩步跑時段 All lanes are available |
|--|--|
| | 時段已被團體租用,場地不能開放緩步跑 |
| | No jogging due to the sports ground is hired |
| | 足球活動與緩步跑同時進行時,只開放6至8號線道 |

The tracks will only be opened from lane 6 to 8 when ball games activities is taking place in the pitch.

^{**} 請勿穿著釘鞋進行緩步跑