

Block I Field & Track 1座足球場/田徑跑道

| | Monday 星期一 | | Tuesday 星期二 | | Wednesday 星期三 | | Thursday 星期四 | | Friday 星期五 | | Saturday 星期六 | | Sunday 星期日 | |
|-------------|--------------|----------------|--------------|-------------|---------------|----------------|--------------|-----------------|--------------|----------------|--------------|----------------|--------------|-------------|
| | Field 足球場 | Track 跑道 | Field 足球場 | Track 跑道 | Field 足球場 | Track 跑道 | Field 足球場 | Track 跑道 | Field 足球場 | Track 跑道 | Field 足球場 | Track 跑道 | Field 足球場 | Track 跑道 |
| 07:00~07:30 | | OH | | OH | | OH | | OH | | OH | | OH | | OH |
| 07:30~08:00 | | OH | | OH | | OH | | OH | | OH | | OH | | OH |
| 08:00~08:30 | | OH | | OH | | OH | | OH | | OH | | OH | | OH |
| 08:30~09:00 | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | | OH | | OH |
| 09:00~09:30 | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | UT/FB | / | | OH |
| 09:30~10:00 | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | UT/FB | / | | OH |
| 10:00~10:30 | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | UT/FB | / | UT/FB | / |
| 10:30~11:00 | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | UT/FB | / | UT/FB | / |
| 11:00~11:30 | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | TIS | TIS&OH | UT/FB | / | UT/FB | / |
| 11:30~12:00 | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | UT/FB | / | UT/FB | / |
| 12:00~12:30 | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | MUST/A | / | UT/FB | / |
| 12:30~13:00 | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | MUST/A | / | UT/FB | / |
| 13:00~13:30 | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | MUST/A | / | | OH |
| 13:30~14:00 | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | MUST/A | / | | OH |
| 14:00~14:30 | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | | OH | SAO/FB | / |
| 14:30~15:00 | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | | OH | SAO/FB | / |
| 15:00~15:30 | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | TIS | | OH | SAO/FB | / |
| 15:30~16:00 | TIS | TIS | TIS | TIS | TIS | TIS | | OH | | OH | | OH | SAO/FB | / |
| 16:00~16:30 | TIS | TIS | TIS | TIS | TIS | TIS | | SAO/TF | | OH | | OH | SAO/FB | / |
| 16:30~17:00 | TIS | TIS | TIS | TIS | TIS | TIS | | SAO/TF | | OH | | OH | SAO/FB | / |
| 17:00~17:30 | | SAO/TF | UT/FB | DGE/TF | | DGE/TF | UT/FB | SAO/TF & DGE/TF | | DGE/TF | | SAO/TF | SAO/FB | / |
| 17:30~18:00 | | SAO/TF | UT/FB | DGE/TF | | DGE/TF | UT/FB | SAO/TF & DGE/TF | | DGE/TF | | SAO/TF | SAO/FB | / |
| 18:00~18:30 | | SAO/TF | UT/FB | DGE/TF | | DGE/TF | UT/FB | DGE/TF | | DGE/TF | | SAO/TF | SAO/FB | / |
| 18:30~19:00 | | SAO/TF & UT/DB | UT/FB | DGE/TF | | DGE/TF & UT/DB | UT/FB | DGE/TF | | DGE/TF & UT/DB | | SAO/TF & UT/DB | SAO/FB | / |
| 19:00~19:30 | | UT/DB & OH | | DGE/TF | | DGE/TF & UT/DB | | DGE/TF | | DGE/TF & UT/DB | | UT/DB | SAO/FB | / |
| 19:30~20:00 | | UT/DB & OH | | DGE/TF | SAO/OD | DGE/TF & UT/DB | | DGE/TF | | DGE/TF & UT/DB | SAO/OD | UT/DB | SAO/FB | / |
| 20:00~20:30 | | UT/DB & OH | MUST/A | / | SAO/OD | UT/DB & OH | MUST/A | / | | UT/DB & OH | SAO/OD | UT/DB & OH | SAO/FB | / |
| 20:30~21:00 | MUST/A | / | MUST/A | / | SAO/OD | OH | MUST/A | / | | OH | SAO/OD | OH | SAO/FB | / |
| 21:00~21:30 | MUST/A | / | MUST/A | / | SAO/OD | OH | MUST/A | / | | OH | SAO/OD | OH | SAO/FB | / |
| 21:30~22:00 | MUST/A | / | MUST/A | / | | OH | MUST/A | / | | OH | | OH | SAO/FB | / |
| 22:00~22:30 | | OH | | OH | | OH | | OH | | OH | | OH | | OH |

Remarks備註:

- 1. DGE/TF : DGE Class Track and Field 通識田徑課
 - 2. UT/FB : MUST Football Team 足球校隊
 - 3. UT/DB : MUST Dragon Boat Team 龍舟校隊
 - 4. TIS : The International School of Macao 國際學校
 - 5. MUST/A : MUST Alumni(Football) 校友會(足球)
 - 6. SAO : Student Affairs Office 學生事務處
 - 7. OH : Open Hour(for Student & Staff) 公眾開放 (學生及教職員)
- * SAO/TF : 田徑興趣班/集訓隊
 - * SAO/OD : 學生會戶外運動協會
 - * SAO/FB : 學生會足球會

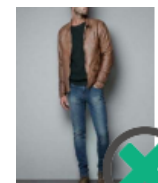
注意事項:

- Notice:**
1. 跑道開放期間禁止使用草地足球場踢球。
Football field temporarily closed during the track hours .
 2. 須帶備學生證/職員證作進場時登記; 須配合測量體溫及穿著運動服裝及運動鞋。
Need to bring your Student/Staff card for registration, Please Check your temperature and with sportswear.
 3. 以上時間如有更改, 以大學最新公佈為準:
Notice will be issued if there is any change of opening hours:
 4. 場地管理: 如對場地使用有任何疑問, 請聯絡總務處或到總務處 I 座大堂服務櫃檯查詢。
Facility Management: If you have any questions regarding facility usage, please contact the General Affairs Office or inquire at the GA Service Counter in Block I.
 5. 以上資訊如有更改, 以最新公佈為準, 請掃描二維碼了解:
If any of the above information changes, the latest version should prevail.
Please scan the QR code for further details and updates.

校內康體設施介紹



場地使用守則



表格製作: 學生事務處
Student Affairs Office
更新日期: 2023/10/11