

將軍澳運動場主場緩步跑開放時間 (2026年1月) Opening Hour for Jogging of Tseung Kwan O Sports Ground Main Field in January 2026

備註 Notes:

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

[illegible]

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 18/12/2025

最新更新日期 Date of latest update 18/12/2025

將軍澳運動場副場緩步跑開放時間(2026年1月) Opening Hour for Jogging of Tseung Kwan O Sports Ground Secondary Field in January 2026

備註 Notes:

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 週四 Thu	2 週五 Fri	3 週六 Sat	4 週日 Sun	5 週一 Mon	6 週二 Tue	7 週三 Wed	8 週四 Thu	9 週五 Fri	10 週六 Sat	11 週日 Sun	12 週一 Mon	13 週二 Tue	14 週三 Wed	15 週四 Thu	16 週五 Fri	17 週六 Sat	18 週日 Sun	19 週一 Mon	20 週二 Tue	21 週三 Wed	22 週四 Thu	23 週五 Fri	24 週六 Sat	25 週日 Sun	26 週一 Mon	27 週二 Tue	28 週三 Sun	29 週四 Mon	30 週五 Tue	31 週六 Sat	
06:30 - 07:00	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	
07:00 - 07:30	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	A	M	A
07:30 - 08:00	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	A	M	A
08:00 - 08:30	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	A	M	A
08:30 - 09:00	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	A	M	A
09:00 - 09:30	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	A	M	A
09:30 - 10:00	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	A	M	A
10:00 - 10:30	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	A	M	A
10:30 - 11:00	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	A	M	A
11:00 - 11:30	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	A	M	A
11:30 - 12:00	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	A	M	A
12:00 - 12:30	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	A
12:30 - 13:00	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	A
13:00 - 13:30	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A
13:30 - 14:00	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A
14:00 - 14:30	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A
14:30 - 15:00	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A
15:00 - 15:30	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A
15:30 - 16:00	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A
16:00 - 16:30	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	B	A	B	A	B	A	B	A
16:30 - 17:00	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	A	B	A	B	A	B	B	B	A	B	A	B	A	B	A
17:00 - 17:30	A	B	B	A	B	A	B	B	B	B	A	B	A	B	B	B	B	A	B	A	B	B	B	B	B	A	B	A	B	B	B	A
17:30 - 18:00	A	B	B	A	B	A	B	B	B	B	A	B	A	B	B	B	B	A	B	A	B	B	B	B	B	A	B	A	B	B	B	A
18:00 - 18:30	A	B	B	A	B	B	B	B	B	B	A	B	B	B	B	B	B	A	B	B	B	B	B	B	B	A	B	B	B	B	B	A
18:30 - 19:00	A	B	A	A	B	B	B	B	B	A	A	B	B	B	B	B	A	A	B	B	B	B	B	A	A	B	B	B	B	B	B	A
19:00 - 19:30	A	B	A	A	B	B	B	B	B	A	A	B	B	B	B	B	A	A	B	B	B	B	B	A	A	B	B	B	B	B	B	A
19:30 - 20:00	A	B	A	A	B	B	B	B	B	A	A	B	B	B	B	B	A	A	B	B	B	B	B	A	A	B	B	B	B	B	B	A
20:00 - 20:30	A	B	A	A	B	B	B	B	B	A	A	B	B	B	B	B	A	A	B	B	B	B	B	A	A	B	B	B	B	B	B	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	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	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	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	A

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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
2065/01/01-31 06:30-22:30	主場 Main Field	暫停使用 Closed	將軍澳運動場的主場將於二零二五年六月二日至二零二六年三月二十七日暫停開放，以便進行跑道翻新工程。 The main sports ground of Tseung Kwan O Sports Ground will be temporarily closed from 2 June 2025 to 27 March 2026 for refurbishment works of the running track.
2026/01/05,07,12,14,19,21,26,28 16:00-20:30	副場 Secondary Field	田徑訓練 Athletic Training	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2026/01/06,13,20,27 18:00-20:30	副場 Secondary Field	田徑訓練 Athletic Training	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2026/01/02,09,16,23,30 0630-1200 / 16:00-20:30	副場 Secondary Field	場地保養及田徑訓練 Venue Maintenance & Athletic Training	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2026/01/08,15,22,29 17:00-20:30	副場 Secondary Field	田徑訓練 Athletic Training	主辦機構: 中國香港田徑總會 Organiser: Hong Kong,China Association of Athletic Affiliates Limited 主辦機構: 西貢區體育會 Organiser: Sai Kung District Sports Association
2026/01/03,10,17,24 13:00-18:30	副場 Secondary Field	田徑訓練 Athletic Training	主辦機構: 中國香港田徑總會 Organiser: Hong Kong,China Association of Athletic Affiliates Limited 主辦機構: 西貢區體育會 Organiser: Sai Kung District Sports Association

公告

將軍澳運動場的主場將於二零二五年六月二日至二零二六年三月二十七日暫停開放，以便進行跑道翻新工程。

在上述設施關閉期間，市民可使用將軍澳運動場的副場、鄰近的香港單車館公園緩跑徑或同區的西貢鄧肇堅運動場。不便之處，敬請原諒。



康樂及文化事務署

二零二五年五月十二日

Notice

The main sports ground of Tseung Kwan O Sports Ground will be temporarily closed from 2 June 2025 to 27 March 2026 for refurbishment works of the running track.

During the closure period, members of the public may use the secondary sports ground of Tseung Kwan O Sports Ground, the jogging track of the nearby Hong Kong Velodrome Park or Sai Kung Tang Shiu Kin Sports Ground in the district. We apologise for any inconvenience this may cause.



Leisure and Cultural Services Department

12 May 2025