

將軍澳運動場主場緩步跑開放時間( 2026年2月) Opening Hour for Jogging of Tseung Kwan O Sports Ground Main Field in February 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<br>時間 Time | 1<br>週日<br>Sun | 2<br>週一<br>Mon | 3<br>週二<br>Tue | 4<br>週三<br>Wed | 5<br>週四<br>Thu | 6<br>週五<br>Fri | 7<br>週六<br>Sat | 8<br>週日<br>Sun | 9<br>週一<br>Mon | 10<br>週二<br>Tue | 11<br>週三<br>Wed | 12<br>週四<br>Thu | 13<br>週五<br>Fri | 14<br>週六<br>Sat | 15<br>週日<br>Sun | 16<br>週一<br>Mon | 17<br>週二<br>Tue | 18<br>週三<br>Wed | 19<br>週四<br>Thu | 20<br>週五<br>Fri | 21<br>週六<br>Sat | 22<br>週日<br>Sun | 23<br>週一<br>Mon | 24<br>週二<br>Tue | 25<br>週三<br>Sun | 26<br>週四<br>Thu | 30<br>週五<br>Fri | 28<br>週六<br>Sat |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 06:30 - 07:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 07:00 - 07:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 07:30 - 08:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 08:00 - 08:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 08:30 - 09:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 09:00 - 09:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 09:30 - 10:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 10:00 - 10:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 10:30 - 11:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 11:00 - 11:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 11:30 - 12:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 12:00 - 12:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 12:30 - 13:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 13:00 - 13:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 13:30 - 14:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 14:00 - 14:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 14:30 - 15:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 15:00 - 15:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 15:30 - 16:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 16:00 - 16:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 16:30 - 17:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 17:00 - 17:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 17:30 - 18:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 18:00 - 18:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 18:30 - 19:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 19:00 - 19:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 19:30 - 20:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 20:00 - 20:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 20:30 - 21:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 21:00 - 21:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 21:30 - 22:00      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |
| 22:00 - 22:30      | M              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               |

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 19/1/2026

最新更新日期 Date of latest update 19/1/2026

將軍澳運動場副場緩步跑開放時間( 2026年2月) Opening Hour for Jogging of Tseung Kwan O Sports Ground Secondary Field in February 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<br>時間 Time | 1<br>週日<br>Sun | 2<br>週一<br>Mon | 3<br>週二<br>Tue | 4<br>週三<br>Wed | 5<br>週四<br>Thu | 6<br>週五<br>Fri | 7<br>週六<br>Sat | 8<br>週日<br>Sun | 9<br>週一<br>Mon | 10<br>週二<br>Tue | 11<br>週三<br>Wed | 12<br>週四<br>Thu | 13<br>週五<br>Fri | 14<br>週六<br>Sat | 15<br>週日<br>Sun | 16<br>週一<br>Mon | 17<br>週二<br>Tue | 18<br>週三<br>Wed | 19<br>週四<br>Thu | 20<br>週五<br>Fri | 21<br>週六<br>Sat | 22<br>週日<br>Sun | 23<br>週一<br>Mon | 24<br>週二<br>Tue | 25<br>週三<br>Sun | 26<br>週四<br>Thu | 30<br>週五<br>Fri | 28<br>週六<br>Sat |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 06:30 - 07:00      | A              | A              | A              | A              | A              | M              | A              | A              | A              | A               | A               | A               | M               | A               | A               | A               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | M               | A               |
| 07:00 - 07:30      | A              | A              | A              | A              | A              | M              | A              | A              | A              | A               | A               | A               | M               | A               | A               | A               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | M               | A               |
| 07:30 - 08:00      | A              | A              | A              | A              | A              | M              | A              | A              | A              | A               | A               | A               | M               | A               | A               | A               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | M               | A               |
| 08:00 - 08:30      | A              | A              | A              | A              | A              | M              | A              | A              | A              | A               | A               | A               | M               | A               | A               | A               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | M               | A               |
| 08:30 - 09:00      | A              | A              | A              | A              | A              | M              | A              | A              | A              | A               | A               | A               | M               | A               | A               | A               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | M               | A               |
| 09:00 - 09:30      | A              | A              | A              | A              | A              | M              | A              | A              | A              | A               | A               | A               | M               | A               | A               | A               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | M               | A               |
| 09:30 - 10:00      | A              | A              | A              | A              | A              | M              | A              | A              | A              | A               | A               | A               | M               | A               | A               | A               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | M               | A               |
| 10:00 - 10:30      | A              | A              | A              | A              | A              | M              | A              | A              | A              | A               | A               | A               | M               | A               | A               | A               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | M               | A               |
| 10:30 - 11:00      | A              | A              | A              | A              | A              | M              | A              | A              | A              | A               | A               | A               | M               | A               | A               | A               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | M               | A               |
| 11:00 - 11:30      | A              | A              | A              | A              | A              | M              | A              | A              | A              | A               | A               | A               | M               | A               | A               | A               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | M               | A               |
| 11:30 - 12:00      | A              | A              | A              | A              | A              | M              | A              | A              | A              | A               | A               | A               | M               | A               | A               | A               | M               | M               | M               | M               | 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               | M               | M               | M               | 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               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A               | A               |
| 13:00 - 13:30      | A              | A              | A              | A              | A              | A              | B              | A              | A              | A               | A               | A               | A               | B               | A               | A               | M               | M               | M               | A               | B               | A               | A               | A               | A               | A               | A               | B               |
| 13:30 - 14:00      | A              | A              | A              | A              | A              | A              | B              | A              | A              | A               | A               | A               | A               | B               | A               | A               | M               | M               | M               | A               | B               | A               | A               | A               | A               | A               | A               | B               |
| 14:00 - 14:30      | A              | A              | A              | A              | A              | A              | B              | A              | A              | A               | A               | A               | A               | B               | A               | A               | M               | M               | M               | A               | B               | A               | A               | A               | A               | A               | A               | B               |
| 14:30 - 15:00      | A              | A              | A              | A              | A              | A              | B              | A              | A              | A               | A               | A               | A               | B               | A               | A               | M               | M               | M               | A               | B               | A               | A               | A               | A               | A               | A               | B               |
| 15:00 - 15:30      | A              | A              | A              | A              | A              | A              | B              | A              | A              | A               | A               | A               | A               | B               | A               | A               | M               | M               | M               | A               | B               | A               | A               | A               | A               | A               | A               | B               |
| 15:30 - 16:00      | A              | A              | A              | A              | A              | A              | B              | A              | A              | A               | A               | A               | A               | B               | A               | A               | M               | M               | M               | A               | B               | A               | A               | A               | A               | A               | A               | B               |
| 16:00 - 16:30      | A              | B              | A              | B              | A              | B              | B              | A              | B              | A               | B               | A               | B               | B               | A               | B               | M               | M               | M               | B               | B               | A               | B               | A               | B               | A               | B               | B               |
| 16:30 - 17:00      | A              | B              | A              | B              | A              | B              | B              | A              | B              | A               | B               | A               | B               | B               | A               | B               | M               | M               | M               | B               | B               | A               | B               | A               | B               | B               | B               | B               |
| 17:00 - 17:30      | A              | B              | A              | B              | B              | B              | B              | A              | B              | A               | B               | B               | B               | B               | A               | B               | M               | M               | M               | B               | B               | A               | B               | A               | B               | B               | B               | B               |
| 17:30 - 18:00      | A              | B              | A              | B              | B              | B              | B              | A              | B              | A               | B               | B               | B               | B               | A               | B               | M               | M               | M               | B               | B               | A               | B               | A               | B               | B               | B               | B               |
| 18:00 - 18:30      | A              | B              | B              | B              | B              | B              | B              | A              | B              | B               | B               | B               | B               | B               | A               | B               | M               | M               | M               | B               | A               | A               | B               | B               | B               | B               | B               | A               |
| 18:30 - 19:00      | A              | B              | B              | B              | B              | B              | A              | A              | B              | B               | B               | B               | B               | A               | A               | B               | M               | M               | M               | B               | A               | A               | B               | B               | B               | B               | B               | A               |
| 19:00 - 19:30      | A              | B              | B              | B              | B              | B              | A              | A              | B              | B               | B               | B               | B               | A               | A               | B               | M               | M               | M               | B               | A               | A               | B               | B               | B               | B               | B               | A               |
| 19:30 - 20:00      | A              | B              | B              | B              | B              | B              | A              | A              | B              | B               | B               | B               | B               | A               | A               | B               | M               | M               | M               | B               | A               | A               | B               | B               | B               | B               | B               | A               |
| 20:00 - 20:30      | A              | B              | B              | B              | B              | B              | A              | A              | B              | B               | B               | B               | B               | A               | A               | B               | M               | M               | M               | B               | A               | A               | 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               | M               | M               | M               | 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               | M               | M               | M               | 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               | M               | M               | M               | 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               | M               | M               | M               | 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.

暫停開放的詳情 Details of the Temporary Closure

| 暫停開放時期及時間<br>Date & Time of Temporary Closure        | 設施 Facilities      | 原因 Reason                                          | 備註 Remarks                                                                                                                                                                                                           |
|------------------------------------------------------|--------------------|----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2026/02/01-28 06:30-22:30                            | 主場 Main Field      | 暫停使用<br>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。<br>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. |
| 2026/02/02,04,06,09,11,13,16,20,23,25,27 16:00-20:30 | 副場 Secondary Field | 田徑訓練<br>Athletic Training                          | 主辦機構: 中國香港田徑總會<br>Organiser: Hong Kong, China Association of Athletic Affiliates Limited                                                                                                                             |
| 2026/02/17,18,19 06:30-22:30                         | 副場 Secondary Field | 暫停使用<br>Closed                                     | -                                                                                                                                                                                                                    |
| 2026/02/03,10,24 18:00-20:30                         | 副場 Secondary Field | 田徑訓練<br>Athletic Training                          | 主辦機構: 中國香港田徑總會<br>Organiser: Hong Kong, China Association of Athletic Affiliates Limited                                                                                                                             |
| 2026/02/06,13,20,27 0630-1200 / 16:00-20:30          | 副場 Secondary Field | 場地保養及田徑訓練<br>Venue Maintenance & Athletic Training | 主辦機構: 中國香港田徑總會<br>Organiser: Hong Kong, China Association of Athletic Affiliates Limited                                                                                                                             |
| 2026/02/05,12,26 17:00-20:30                         | 副場 Secondary Field | 田徑訓練<br>Athletic Training                          | 主辦機構: 中國香港田徑總會<br>Organiser: Hong Kong,China Association of Athletic Affiliates Limited<br>主辦機構: 西貢區體育會<br>Organiser: Sai Kung District Sports Association                                                           |
| 2026/02/07,14,21,28 13:00-18:30                      | 副場 Secondary Field | 田徑訓練<br>Athletic Training                          | 主辦機構: 中國香港田徑總會<br>Organiser: Hong Kong,China Association of Athletic Affiliates Limited<br>主辦機構: 西貢區體育會<br>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