

將軍澳運動場主場緩步跑開放時間(2026年3月) Opening Hour for Jogging of Tseung Kwan O Sports Ground Main Field in March 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 週日 Sun	2 週一 Mon	3 週二 Tue	4 週三 Wed	5 週四 Thu	6 週五 Fri	7 週六 Sat	8 週日 Sun	9 週一 Mon	10 週二 Tue	11 週三 Wed	12 週四 Thu	13 週五 Fri	14 週六 Sat	15 週日 Sun	16 週一 Mon	17 週二 Tue	18 週三 Wed	19 週四 Thu	20 週五 Fri	21 週六 Sat	22 週日 Sun	23 週一 Mon	24 週二 Tue	25 週三 Wed	26 週四 Thu	27 週五 Fri	28 週六 Sat	29 週日 Sun	30 週一 Mon	31 週二 Tue
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	M	B
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	A	A	B	B
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	A	A	B	B
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	A	A	B	A
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	A	A	B	A
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	A	A	B	A
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	A	A	B	A
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	A	A	B	A
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	A	A	B	A
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	A	A	B	A
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	A	A	A	A
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	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.

發出日期 Date of issue 16/2/2026

最新更新日期 Date of latest update 16/2/2026

將軍澳運動場副場緩步跑開放時間(2026年3月) Opening Hour for Jogging of Tseung Kwan O Sports Ground Secondary Field in March 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 週日 Sun	2 週一 Mon	3 週二 Tue	4 週三 Wed	5 週四 Thu	6 週五 Fri	7 週六 Sat	8 週日 Sun	9 週一 Mon	10 週二 Tue	11 週三 Wed	12 週四 Thu	13 週五 Fri	14 週六 Sat	15 週日 Sun	16 週一 Mon	17 週二 Tue	18 週三 Wed	19 週四 Thu	20 週五 Fri	21 週六 Sat	22 週日 Sun	23 週一 Mon	24 週二 Tue	25 週三 Wed	26 週四 Thu	27 週五 Fri	28 週六 Sat	29 週日 Sun	30 週一 Mon	31 週二 Tue
06:30 - 07:00	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	M	B	A	A
07:00 - 07:30	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	M	B	A	A
07:30 - 08:00	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	M	B	A	A
08:00 - 08:30	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	M	B	A	A
08:30 - 09:00	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	M	B	A	A
09:00 - 09:30	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	M	B	A	A
09:30 - 10:00	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	M	B	A	A
10:00 - 10:30	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	M	B	A	A
10:30 - 11:00	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	M	B	A	A
11:00 - 11:30	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	M	B	A	A
11:30 - 12:00	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	M	B	A	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	M	B	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	M	B	A	A
13:00 - 13:30	A	A	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	B	B	A	A
13:30 - 14:00	A	A	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	B	B	A	A
14:00 - 14:30	A	A	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	B	B	A	A
14:30 - 15:00	A	A	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	B	M	A	A
15:00 - 15:30	A	A	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	B	M	A	A
15:30 - 16:00	A	A	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	B	M	A	A
16:00 - 16:30	A	B	A	B	A	B	B	A	B	A	B	A	B	A	A	B	A	B	A	B	A	A	B	A	B	A	B	B	M	A	A
16:30 - 17:00	A	B	A	B	A	B	B	A	B	A	B	A	B	A	A	B	A	B	A	B	A	A	B	A	B	A	B	B	M	A	A
17:00 - 17:30	A	B	A	B	B	B	B	A	B	A	B	B	B	A	A	B	A	B	B	B	A	A	B	A	B	B	B	B	M	A	A
17:30 - 18:00	A	B	A	B	B	B	B	A	B	A	B	B	B	A	A	B	A	B	B	B	A	A	B	A	B	B	B	B	M	A	A
18:00 - 18:30	A	B	B	B	B	B	B	A	B	B	B	B	B	A	A	B	B	B	B	B	A	A	B	B	B	B	B	B	M	A	B
18:30 - 19:00	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	M	A	B
19:00 - 19:30	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	M	A	B
19:30 - 20:00	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	M	A	B
20:00 - 20:30	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	M	A	M
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	B	M	A	M
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	M	M	A	M
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	M	M	M	M
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	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 16/2/2026

最新更新日期 Date of latest update 16/2/2026

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
2026/03/01-27 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.
2026/03/30 06:30-21:30	主場 Main 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
2026/03/31 06:30-18:00	主場 Main Field	運動會 Athletic Meet	主辦機構: 將軍澳循道衛理小學 Organiser: Tseung Kwan O Methodist Primary School
2026/03/02,04,06,09,11,13,16,18,20,23,25,27 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
2026/03/03,10,17,24,31 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
2026/03/06,13,20,27 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
2026/03/05,12,19,26 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
2026/03/07 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
2026/03/28 06:30-22:30	副場 Secondary Field	暫停使用及田徑訓練 Closed & 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
2026/03/29 06:30-22:30	副場 Secondary Field	暫停使用及田徑訓練 Closed & Athletic Training	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited

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