

# 將軍澳運動場主場緩步跑開放時間(2026年6月) Opening Hour for Jogging of Tseung Kwan O Sports Ground Main Field in June 2026

備註 Notes:

<b>A</b>	緩步跑開放時間 Opening Hours for Jogging
<b>L</b>	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>B</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).
<b>M</b>	場地關閉 Venue closed

日期 Date 時間 Time	1 週一 Mon	2 週二 Tue	3 週三 Wed	4 週四 Thu	5 週五 Fri	6 週六 Sat	7 週日 Sun	8 週一 Mon	9 週二 Tue	10 週三 Wed	11 週四 Thu	12 週五 Fri	13 週六 Sat	14 週日 Sun	15 週一 Mon	16 週二 Tue	17 週三 Wed	18 週四 Thu	19 週五 Fri	20 週六 Sat	21 週日 Sun	22 週一 Mon	23 週二 Tue	24 週三 Wed	25 週四 Thu	26 週五 Fri	27 週六 Sat	28 週日 Sun	29 週一 Mon	30 週二 Tue
06:30 - 07:00	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
07:00 - 07:30	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
07:30 - 08:00	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
08:00 - 08:30	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
08:30 - 09:00	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
09:00 - 09:30	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
09:30 - 10:00	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
10:00 - 10:30	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
10:30 - 11:00	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
11:00 - 11:30	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
11:30 - 12:00	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
12:00 - 12:30	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
12:30 - 13:00	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
13:00 - 13:30	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
13:30 - 14:00	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
14:00 - 14:30	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
14:30 - 15:00	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
15:00 - 15:30	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
15:30 - 16:00	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
16:00 - 16:30	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
16:30 - 17:00	M	M	A	A	A	A	A	M	A	M	B	B	B	B	M	M	A	A	B	A	A	M	A	A	B	B	B	B	M	A
17:00 - 17:30	B	A	A	A	A	A	A	B	A	B	B	B	B	B	B	A	A	A	B	A	A	B	A	A	B	B	B	B	B	A
17:30 - 18:00	B	A	A	A	A	A	A	B	A	B	B	B	B	B	B	A	A	A	B	A	A	B	A	A	B	B	B	B	B	A
18:00 - 18:30	B	A	A	A	A	A	A	B	A	B	B	B	B	B	B	A	A	A	B	A	A	B	A	A	B	B	B	B	B	A
18:30 - 19:00	B	A	A	A	A	A	A	B	A	B	B	B	B	B	B	A	A	A	B	A	A	B	A	A	B	B	B	B	B	A
19:00 - 19:30	B	A	A	A	A	A	A	B	A	B	B	B	B	B	B	A	A	A	B	A	A	B	A	A	B	B	B	B	B	A
19:30 - 20:00	B	A	A	A	A	A	A	B	A	B	B	B	B	B	B	A	A	A	B	A	A	B	A	A	B	B	B	B	B	A
20:00 - 20:30	B	A	A	A	A	A	A	B	A	B	B	B	B	B	B	A	A	A	B	A	A	B	A	A	B	B	B	B	B	A
20:30 - 21:00	B	A	A	A	A	A	A	B	A	B	B	B	B	B	B	A	A	A	B	A	A	B	A	A	B	B	B	B	B	A
21:00 - 21:30	B	A	A	A	A	A	A	B	A	B	B	B	B	B	B	A	A	A	B	A	A	B	A	A	B	B	B	B	B	A
21:30 - 22:00	A	A	A	A	A	A	A	A	A	B	B	B	B	B	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A
22:00 - 22:30	A	A	A	A	A	A	A	A	A	B	B	B	B	B	A	A	A	A	B	A	A	A	A	A	B	B	B	B	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 20/5/2026

最新更新日期 Date of latest update 20/5/2026

# 將軍澳運動場副場緩步跑開放時間(2026年6月) Opening Hour for Jogging of Tseung Kwan O Sports Ground Secondary Field in June 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.
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06:30 - 07:00	A	A	M	M	M	M	M	A	M	A	B	B	B	B	A	A	M	M	A	M	M	A	M	M	B	B	B	B	A	M
07:00 - 07:30	A	A	M	M	M	M	M	A	M	A	B	B	B	B	A	A	M	M	A	M	M	A	M	M	B	B	B	B	A	M
07:30 - 08:00	A	A	M	M	M	M	M	A	M	A	B	B	B	B	A	A	M	M	A	M	M	A	M	M	B	B	B	B	A	M
08:00 - 08:30	A	A	M	M	M	M	M	A	M	A	B	B	B	B	A	A	M	M	A	M	M	A	M	M	B	B	B	B	A	M
08:30 - 09:00	A	A	M	M	M	M	M	A	M	A	B	B	B	B	A	A	M	M	A	M	M	A	M	M	B	B	B	B	A	M
09:00 - 09:30	A	A	M	M	M	M	M	A	M	A	B	B	B	B	A	A	M	M	A	M	M	A	M	M	B	B	B	B	A	M
09:30 - 10:00	A	A	M	M	M	M	M	A	M	A	B	B	B	B	A	A	M	M	A	M	M	A	M	M	B	B	B	B	A	M
10:00 - 10:30	A	A	M	M	M	M	M	A	M	A	B	B	B	B	A	A	M	M	A	M	M	A	M	M	B	B	B	B	A	M
10:30 - 11:00	A	A	M	M	M	M	M	A	M	A	B	B	B	B	A	A	M	M	A	M	M	A	M	M	B	B	B	B	A	M
11:00 - 11:30	A	A	M	M	M	M	M	A	M	A	B	B	B	B	A	A	M	M	A	M	M	A	M	M	B	B	B	B	A	M
11:30 - 12:00	A	A	M	M	M	M	M	A	M	A	B	B	B	B	A	A	M	M	A	M	M	A	M	M	B	B	B	B	A	M
12:00 - 12:30	A	A	M	M	M	M	M	A	M	A	B	B	B	B	A	A	M	M	B	M	M	A	M	M	B	B	B	B	A	M
12:30 - 13:00	A	A	M	M	M	M	M	A	M	A	B	B	B	B	A	A	M	M	B	M	M	A	M	M	B	B	B	B	A	M
13:00 - 13:30	A	A	M	M	M	B	M	A	M	A	B	B	B	B	A	A	M	M	B	B	M	A	M	M	B	B	B	B	A	M
13:30 - 14:00	A	A	M	M	M	B	M	A	M	A	B	B	B	B	A	A	M	M	B	B	M	A	M	M	B	B	B	B	A	M
14:00 - 14:30	A	A	M	M	M	B	M	A	M	A	B	B	B	B	A	A	M	M	B	B	M	A	M	M	B	B	B	B	A	M
14:30 - 15:00	A	A	M	M	M	B	M	A	M	A	B	B	B	B	A	A	M	M	B	B	M	A	M	M	B	B	B	B	A	M
15:00 - 15:30	A	A	M	M	M	B	M	A	M	A	B	B	B	B	A	A	M	M	B	B	M	A	M	M	B	B	B	B	A	M
15:30 - 16:00	A	A	M	M	M	B	M	A	M	A	B	B	B	B	A	A	M	M	B	B	M	A	M	M	B	B	B	B	A	M
16:00 - 16:30	A	A	B	M	B	B	M	A	M	A	B	B	B	B	A	A	B	M	B	B	M	A	M	B	B	B	B	B	A	M
16:30 - 17:00	A	A	B	M	B	B	M	A	M	A	B	B	B	B	A	A	B	M	B	B	M	A	M	B	B	B	B	B	A	M
17:00 - 17:30	A	M	B	B	B	B	M	A	M	A	B	B	B	B	A	M	B	B	B	B	M	A	M	B	B	B	B	B	A	M
17:30 - 18:00	A	M	B	B	B	B	M	A	M	A	B	B	B	B	A	M	B	B	B	B	M	A	M	B	B	B	B	B	A	M
18:00 - 18:30	A	B	B	B	B	B	M	A	B	A	B	B	B	B	A	B	B	B	B	B	M	A	B	B	B	B	B	B	A	B
18:30 - 19:00	A	B	B	B	B	B	M	A	B	A	B	B	B	B	A	B	B	B	B	B	M	A	B	B	B	B	B	B	A	B
19:00 - 19:30	A	B	B	B	B	B	M	A	B	A	B	B	B	B	A	B	B	B	B	B	M	A	B	B	B	B	B	B	A	B
19:30 - 20:00	A	B	B	B	B	B	M	A	B	A	B	B	B	B	A	B	B	B	B	B	M	A	B	B	B	B	B	B	A	B
20:00 - 20:30	A	M	B	B	B	B	M	A	M	A	B	B	B	B	A	M	B	B	A	B	M	A	M	B	B	B	B	B	A	M
20:30 - 21:00	A	M	B	B	B	B	M	A	M	A	B	B	B	B	A	M	B	B	A	B	M	A	M	B	B	B	B	B	A	M
21:00 - 21:30	A	M	M	B	M	M	M	A	M	A	B	B	B	B	A	M	M	B	A	M	M	A	M	B	B	B	B	B	A	M
21:30 - 22:00	M	M	M	B	M	M	M	M	M	A	B	B	B	B	M	M	M	B	A	M	M	M	M	M	B	B	B	B	M	M
22:00 - 22:30	M	M	M	M	M	M	M	M	M	A	B	B	B	B	M	M	M	M	A	M	M	M	M	M	B	B	B	B	M	M

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發出日期 Date of issue 20/5/2026

最新更新日期 Date of latest update 20/5/2026

## 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
2026/06/01,08,15,22,29 06:30-22:30	主場 Main Field	場地保養及田徑訓練 Venue Maintenance Day & Athletic Training	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2026/06/02,16 06:30-17:00	主場 Main Field	場地保養 Venue Maintenance Day	-
2026/06/10 06:30-22:30	主場 Main Field	暫停使用及足球活動 Closed and Football activity	主辦機構: 中國香港足球總會 Organiser: The Football Association of Hong Kong, China Limited
2026/06/11-14 06:30-22:30	主場及副場 Main Field and Secondard Field	運動會 Athletic Meet	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2026/06/19 06:30-22:30	主場 Main Field	足球比賽 Football Match	主辦機構: 中國香港足球總會 Organiser: The Football Association of Hong Kong, China Limited
2026/06/25-28 06:30-22:30	主場及副場 Main Field and Secondard Field	運動會 Athletic Meet	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2026/06/02,16 17:00-22:30	副場 Secondary Field	田徑訓練及暫停使用 Athletic Training and Closed	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2026/06/03,04,05,06,09,17,18,20,23,24,30 06:30-22:30	副場 Secondary Field	田徑訓練及暫停使用 Athletic Training and Closed	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
2026/06/07,21 06:30-22:30	副場 Secondary Field	暫停使用 Closed	-
2026/06/19 12:00-20:00	副場 Secondary Field	足球比賽 Football Match	主辦機構: 中國香港足球總會 Organiser: The Football Association of Hong Kong, China Limited