

天水圍運動場緩步跑開放時間(2026年5月) Opening Hour for Jogging of Tin Shui Wai Sports Ground in May 2026

備註 Notes:

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| 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6至8號線道給公眾人士作緩跑之用。Jogging will be confined to the outer lanes (nos. 6 to 8) 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 週五 Fri | 2 週六 Sat | 3 週日 Sun | 4 週一 Mon | 5 週二 Tue | 6 週三 Wed | 7 週四 Thu | 8 週五 Fri | 9 週六 Sat | 10 週日 Sun | 11 週一 Mon | 12 週二 Tue | 13 週三 Wed | 14 週四 Thu | 15 週五 Fri | 16 週六 Sat | 17 週日 Sun | 18 週一 Mon | 19 週二 Tue | 20 週三 Wed | 21 週四 Thu | 22 週五 Fri | 23 週六 Sat | 24 週日 Sun | 25 週一 Mon | 26 週二 Tue | 27 週三 Wed | 28 週四 Thu | 29 週五 Fri | 30 週六 Sat | 31 週日 Fri | | |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|---|---|
| 06:30 - 07:00 | 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 | |
| 07:00 - 07:30 | 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 | A |
| 07:30 - 08:00 | 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 | A |
| 08:00 - 08:30 | A | B | A | B | B | A | A | B | B | A | A | B | A | A | B | A | A | B | B | A | B | A | A | A | A | B | A | B | B | A | A | A | |
| 08:30 - 09:00 | A | B | A | B | B | A | A | B | B | A | A | B | A | A | B | A | A | B | B | A | B | A | A | A | A | B | A | B | B | A | A | A | |
| 09:00 - 09:30 | A | B | A | B | B | A | A | B | B | A | A | B | A | A | B | A | A | B | B | A | B | A | A | A | A | B | A | B | B | A | A | A | |
| 09:30 - 10:00 | A | B | A | B | B | A | A | B | B | A | A | B | A | A | B | A | A | B | B | A | B | A | A | A | A | B | A | B | B | A | A | A | |
| 10:00 - 10:30 | A | B | A | B | B | A | A | B | B | A | A | B | A | A | B | A | A | B | B | A | B | A | A | A | A | B | A | B | B | A | A | A | |
| 10:30 - 11:00 | A | B | A | B | B | A | A | B | B | A | A | B | A | A | B | A | A | B | B | A | B | A | A | A | A | B | A | B | B | A | A | A | |
| 11:00 - 11:30 | A | B | A | B | B | A | A | B | B | A | A | B | M | A | B | A | A | B | B | A | B | A | A | A | A | B | M | B | B | A | A | A | |
| 11:30 - 12:00 | A | B | A | B | B | A | A | B | B | A | A | B | M | A | B | A | A | B | B | A | B | A | A | A | A | B | M | B | B | A | A | A | |
| 12:00 - 12:30 | A | B | A | B | B | A | A | B | B | A | A | B | M | A | B | A | A | B | B | A | B | A | A | A | A | B | M | B | B | A | A | A | |
| 12:30 - 13:00 | A | B | A | B | B | A | A | B | B | A | A | B | M | A | B | A | A | B | B | A | B | A | A | A | A | B | M | B | B | A | A | A | |
| 13:00 - 13:30 | A | B | A | B | B | A | A | B | B | A | A | B | M | A | B | B | A | B | B | A | B | A | B | A | A | B | M | B | B | A | A | A | |
| 13:30 - 14:00 | A | B | A | B | B | A | A | B | B | A | A | B | M | A | B | B | A | B | B | A | B | A | B | L | A | B | M | B | B | A | A | A | |
| 14:00 - 14:30 | A | B | A | B | B | A | A | B | B | A | A | B | M | A | B | B | A | B | B | A | B | A | B | L | A | B | M | B | B | A | A | A | |
| 14:30 - 15:00 | A | B | A | B | B | A | A | B | B | A | A | B | M | A | B | B | A | B | B | A | B | A | B | L | A | B | M | B | B | A | A | A | |
| 15:00 - 15:30 | A | A | A | B | B | A | A | B | A | A | A | B | M | A | B | A | A | B | B | A | B | A | A | L | A | B | M | B | B | A | A | A | |
| 15:30 - 16:00 | A | A | A | B | B | A | A | B | A | A | A | B | M | A | B | A | A | B | B | A | B | A | A | L | A | B | M | B | B | A | A | A | |
| 16:00 - 16:30 | A | A | A | B | B | A | A | B | A | A | A | B | A | A | B | A | A | B | B | A | B | A | A | L | A | B | A | B | B | A | A | A | |
| 16:30 - 17:00 | A | A | A | B | B | A | A | B | A | A | A | B | A | A | B | A | A | B | B | A | B | A | A | L | A | B | A | B | B | A | A | A | |
| 17:00 - 17:30 | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | B | B | A | A | A | A | L | A | B | A | A | A | A | A | A | |
| 17:30 - 18:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | B | B | A | A | A | A | L | A | B | A | A | A | A | A | A | |
| 18:00 - 18:30 | L | A | L | L | A | A | A | L | L | L | A | A | A | A | L | L | L | L | A | A | A | L | L | A | A | A | A | A | L | L | A | A | |
| 18:30 - 19:00 | L | A | L | L | A | A | A | L | L | L | A | A | A | A | L | L | L | L | A | A | A | L | L | A | A | A | A | A | L | L | A | A | |
| 19:00 - 19:30 | L | A | L | L | A | A | A | L | L | L | A | A | A | A | L | L | L | L | A | A | A | L | L | A | A | A | A | A | L | L | A | A | |
| 19:30 - 20:00 | L | L | L | A | L | A | A | L | L | L | L | A | A | A | L | L | L | A | L | A | A | L | L | L | L | A | A | A | A | L | L | A | |
| 20:00 - 20:30 | L | L | L | A | L | A | A | L | L | L | L | A | A | A | L | L | L | A | L | A | A | L | L | L | L | A | A | A | A | L | L | A | |
| 20:30 - 21:00 | L | L | L | A | L | A | A | L | L | L | L | A | A | A | L | L | L | A | L | A | A | L | L | L | L | A | A | A | A | L | L | A | |
| 21:00 - 21:30 | A | L | A | A | L | A | A | L | L | A | A | L | A | A | A | L | A | L | L | A | A | L | L | A | A | L | A | A | A | L | L | A | |
| 21:30 - 22:00 | A | L | A | A | L | A | A | L | L | A | A | L | A | A | A | L | A | L | L | A | A | L | L | A | A | L | A | A | A | L | L | A | |
| 22:00 - 22:30 | A | L | A | A | L | A | A | L | L | A | A | L | A | A | A | L | A | L | L | A | A | L | L | A | A | L | A | A | A | L | L | 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 4/5/2026

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 |
|---|---------------|------------------------|--|
| 2026/5/2 08:00 - 13:00 | 全場 All | 運動會 Athletic Meet | 主辦機構: 基督教宣道會錦繡幼稚園 Organiser: Christian & Missionary Alliance Fairview Park Kindergarten |
| 2026/5/2 13:00 - 15:00 | 全場 All | 田徑訓練 Athletic Training | 主辦機構: 元朗區體育會 Organiser: Yuen Long District Sports Association |
| 2026/5/4 08:00 - 17:00 | 全場 All | 運動會 Athletic Meet | 主辦機構: 東華三院盧幹庭紀念中學 Organiser: TWGHs Lo Kon Ting Memorial College |
| 2026/5/5 08:00 - 17:00 | 全場 All | 運動會 Athletic Meet | 主辦機構: 東華三院盧幹庭紀念中學 Organiser: TWGHs Lo Kon Ting Memorial College |
| 2026/5/8 08:00 - 17:00 | 全場 All | 運動會 Athletic Meet | 主辦機構: 鐘聲學校 Organiser: Chung Sing School |
| 2026/5/9 08:00 - 13:00 | 全場 All | 運動會 Athletic Meet | 主辦機構: 金巴崙長老會耀道小學 Organiser: Cumberland Presbyterian Church Yao Dao Primary School |

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| 2026/5/9 13:00 - 15:00 | 全場 All | 田徑訓練 Athletic Training | 主辦機構: 元朗區體育會 Organiser: Yuen Long District Sports Association |
| 2026/5/12 08:00 - 17:00 | 全場 All | 運動會 Athletic Meet | 主辦機構: 元朗商會小學 Organiser: Yuen Long Merchants Association Primary School |
| 2026/5/13 11:00 - 16:00 | 全場 All | 定期保養日 Maintenance Day | |
| 2026/5/15 08:00 - 17:00 | 全場 All | 運動會 Athletic Meet | 主辦機構: 安基司學校 Organiser: Anchors Academy |
| 2026/5/16 13:00 - 15:00 | 全場 All | 田徑訓練 Athletic Training | 主辦機構: 元朗區體育會 Organiser: Yuen Long District Sports Association |
| 2026/5/18 08:00 - 18:00 | 全場 All | 運動會 Athletic Meet | 主辦機構: 圓玄學院妙法寺內明陳呂重德紀念中學 Organiser: The Yuen Yuen Institute MFBM Nei Ming Chan Lui Chung Tak Memorial College |
| 2026/5/19 08:00 - 18:00 | 全場 All | 運動會 Athletic Meet | 主辦機構: 圓玄學院妙法寺內明陳呂重德紀念中學 Organiser: The Yuen Yuen Institute MFBM Nei Ming Chan Lui Chung Tak Memorial College |
| 2026/5/21 08:00 - 17:00 | 全場 All | 運動會 Athletic Meet | 主辦機構: 元朗寶覺小學 Organiser: Yuen Long Po Kok Primary School |

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| 2026/5/23 13:00 - 15:00 | 全場 All | 田徑訓練 Athletic Training | 主辦機構: 元朗區體育會 Organiser: Yuen Long District Sports Association |
| 2026/5/26 08:00 - 18:00 | 全場 All | 運動會 Athletic Meet | 主辦機構: 基督教香港信義會宏信書院(小學) Organiser: ELCHK Lutheran Academy |
| 2026/5/27 11:00 - 16:00 | 全場 All | 定期保養日 Maintenance Day | |
| 2026/5/28 08:00 - 17:00 | 全場 All | 運動會 Athletic Meet | 主辦機構: 伯特利中學 Organiser: Bethel High School |
| 2026/5/29 08:00 - 17:00 | 全場 All | 運動會 Athletic Meet | 主辦機構: 伯特利中學 Organiser: Bethel High School |