

屯門鄧肇堅運動場緩步跑開放時間(2026年1月) Opening Hour for Jogging of Tuen Mun Tang Shiu Kin Sports Ground 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 3 條線道給公眾人士作緩跑之用。 Jogging will be confined to the 3 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 Wed	29 週四 Thu	30 週五 Fri	31 週六 Sat
06:15 - 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	B	B	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	B	B	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	B	B	A	A	A	A	A	A
08:00 - 08:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	B	B	B	A
08:30 - 09:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	B	B	B	A
09:00 - 09:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	B	B	B	A
09:30 - 10:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	B	B	B	L
10:00 - 10:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	B	B	B	L
10:30 - 11:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	B	B	B	L
11:00 - 11:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	B	B	B	L
11:30 - 12:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	B	B	B	L
12:00 - 12:30	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	A	B	B	B	M	B	B	B	B	L
12:30 - 13:00	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	A	B	B	B	M	B	B	B	B	A
13:00 - 13:30	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	A	B	B	B	M	B	B	B	B	A
13:30 - 14:00	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	A	B	B	B	M	B	B	B	B	L
14:00 - 14:30	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	A	B	B	B	M	B	B	B	B	L
14:30 - 15:00	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	A	B	B	B	M	B	B	B	B	L
15:00 - 15:30	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	A	B	B	B	M	B	B	B	B	L
15:30 - 16:00	A	A	A	A	M	A	A	M	A	A	A	M	A	A	A	A	A	A	M	A	A	A	B	B	B	M	B	B	B	B	L
16:00 - 16:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	B	B	B	L
16:30 - 17:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	B	B	B	A
17:00 - 17:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	B	B	B	A
17:30 - 18:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	B	B	B	A
18:00 - 18:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	B	B	A	B	L	B	L	A
18:30 - 19:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	B	B	A	B	L	B	L	A
19:00 - 19:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	B	B	A	A	L	A	L	A
19:30 - 20:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	B	B	A	L	L	L	L	A
20:00 - 20:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	B	B	A	L	L	L	L	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	L	B	B	A	L	L	L	L	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	L	B	B	A	L	L	L	L	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	L	B	B	A	L	L	L	L	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	L	B	B	A	L	L	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 1.1.2026

最新更新日期 Date of latest update 15.12.2025

暫停開放時期及時間 Date & Time of Temporary Closure	設施 Facilities	原因 Reason
2026/01/05,08,12,19,26 12:00 - 16:00	全場 All	場地保養暫停開放 Close for Maintenance
2026/01/23 08:00 - 18:00	全場 All	學校運動會 School Sports Day
2026/01/24,25 06:15 - 22:30	全場 All	田徑比賽 Athletics Competition
2026/01/27 08:00 - 17:00	全場 All	學校運動會 School Sports Day
2026/01/27,29 17:00 - 19:00	全場 All	田徑訓練 Athletic Training
2026/01/28 08:00 - 18:00	全場 All	學校運動會 School Sports Day
2026/01/29 08:00 - 17:00	全場 All	學校運動會 School Sports Day
2026/01/30 08:00 - 18:00	全場 All	學校運動會 School Sports Day