

屯門鄧肇堅運動場緩步跑開放時間(2026年6月) Opening Hour for Jogging of Tuen Mun Tang Shiu Kin Sports Ground 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 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	
06:15 - 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	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
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
08:00 - 08:30	A	B	A	B	A	A	A	A	B	A	A	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
08:30 - 09:00	A	B	A	B	A	A	A	A	B	A	A	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
09:00 - 09:30	A	B	A	B	A	A	A	A	B	A	A	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
09:30 - 10:00	A	B	A	B	A	L	L	A	B	A	A	B	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	A	A	A
10:00 - 10:30	A	B	A	B	A	L	L	A	B	A	A	B	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	A	A	A
10:30 - 11:00	A	B	A	B	A	L	L	A	B	A	A	B	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	A	A	A
11:00 - 11:30	A	B	A	B	A	L	L	A	B	A	A	B	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	A	A	A
11:30 - 12:00	A	B	A	B	A	L	L	A	B	A	A	B	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	A	A	A
12:00 - 12:30	M	B	A	B	A	L	L	M	B	A	A	B	L	L	M	A	A	A	A	L	L	M	A	A	A	A	L	L	M	A	A
12:30 - 13:00	M	B	A	B	A	A	A	M	B	A	A	B	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A
13:00 - 13:30	M	B	A	B	A	A	A	M	B	A	A	B	A	A	M	A	A	A	A	A	A	M	A	A	A	A	A	A	M	A	A
13:30 - 14:00	M	B	A	B	A	A	L	M	B	A	A	B	A	L	M	A	A	A	A	L	L	M	A	A	A	A	A	L	M	A	A
14:00 - 14:30	M	B	A	B	A	A	L	M	B	A	A	B	A	L	M	A	A	A	A	L	L	M	A	A	A	A	A	L	M	A	A
14:30 - 15:00	M	B	A	B	A	A	L	M	B	A	A	B	A	L	M	A	A	A	A	L	L	M	A	A	A	A	A	L	M	A	A
15:00 - 15:30	M	B	A	B	A	A	L	M	B	A	A	B	A	L	M	A	A	A	A	L	L	M	A	A	A	A	A	L	M	A	A
15:30 - 16:00	M	B	A	B	A	A	L	M	B	A	A	B	A	L	M	A	A	A	A	L	L	M	A	A	A	A	A	L	M	A	A
16:00 - 16:30	A	B	A	B	A	A	L	A	B	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A
16:30 - 17:00	A	B	A	B	A	A	L	A	B	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A
17:00 - 17:30	A	B	A	B	A	A	L	A	B	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A
17:30 - 18:00	A	B	A	B	A	A	L	A	B	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A
18:00 - 18:30	A	L	L	L	L	A	A	A	L	L	A	L	A	A	A	A	L	L	A	A	A	A	A	L	A	L	A	A	A	A	L
18:30 - 19:00	A	L	L	L	L	A	A	A	L	L	A	L	A	A	A	A	L	L	A	A	A	A	A	L	A	L	A	A	A	A	L
19:00 - 19:30	A	L	L	L	L	A	A	A	L	L	A	L	A	A	A	A	L	L	A	A	A	A	A	L	A	L	A	A	A	A	L
19:30 - 20:00	A	L	L	L	L	A	A	A	L	L	A	L	A	A	A	A	L	L	A	A	A	A	A	L	A	L	A	A	A	A	L
20:00 - 20:30	A	L	L	L	L	A	A	A	L	L	A	L	A	A	A	A	L	L	A	A	A	A	A	L	A	L	A	A	A	A	L
20:30 - 21:00	A	L	L	L	L	A	A	A	L	L	A	L	A	A	A	A	L	L	A	A	A	A	A	L	A	L	A	A	A	A	L
21:00 - 21:30	A	L	A	A	L	A	A	A	A	L	A	L	A	A	A	A	A	A	A	A	A	A	A	L	A	L	A	A	A	A	L
21:30 - 22:00	A	L	A	A	L	A	A	A	A	L	A	L	A	A	A	A	A	A	A	A	A	A	A	L	A	L	A	A	A	A	L
22:00 - 22:30	A	L	A	A	L	A	A	A	A	L	A	L	A	A	A	A	A	A	A	A	A	A	A	L	A	L	A	A	A	A	L

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 15.5.2026

最新更新日期 Date of latest update 15.5.2026

暫停開放時期及時間 Date & Time of Temporary Closure	設施 Facilities	原因 Reason
2026/06/01,08,15,22,29 12:00 - 16:00	全場 All	場地保養暫停開放 Close for Maintenance
2026/06/02 08:00 - 18:00 2026/06/09 08:00 - 18:00	全場 All	學校運動會 School Sports Day
2026/06/04 08:00 - 18:00	全場 All	學校運動會 School Sports Day
2026/06/12 08:00 - 14:00	全場 All	學校運動會 School Sports Day