

北區運動場緩步跑開放時間(2026年4月) Opening Hour for Jogging of North District Sports Ground in April 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六至八號線道給公眾人士作緩跑之用。Jogging will be confined to the No. 6 to 8 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 週三 Wed	2 週四 Thu	3 週五 Fri	4 週六 Sat	5 週日 Sun	6 週一 Mon	7 週二 Tue	8 週三 Wed	9 週四 Thu	10 週五 Fri	11 週六 Sat	12 週日 Sun	13 週一 Mon	14 週二 Tue	15 週三 Wed	16 週四 Thu	17 週五 Fri	18 週六 Sat	19 週日 Sun	20 週一 Mon	21 週二 Tue	22 週三 Wed	23 週四 Thu	24 週五 Fri	25 週六 Sat	26 週日 Sun	27 週一 Mon	28 週二 Tue	29 週三 Wed	30 週四 Thu
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	
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	B	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	B	A	A	A
08:00 - 08:30	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	B	A	A	A	A	B	A	B	B	B	A	B	A	A	B
08:30 - 09:00	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	B	A	A	A	A	B	A	B	B	B	A	B	A	A	B
09:00 - 09:30	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	B	A	A	A	A	B	A	B	B	B	A	B	A	A	B
09:30 - 10:00	A	L	L	A	L	A	L	A	L	L	A	A	B	A	A	B	A	A	A	L	B	A	B	B	B	A	B	L	A	B
10:00 - 10:30	A	L	L	A	L	A	L	A	L	L	A	A	B	A	A	B	A	A	A	L	B	A	B	B	B	A	B	L	A	B
10:30 - 11:00	A	L	L	A	L	A	L	A	L	L	A	A	B	A	A	B	A	A	A	L	B	A	B	B	B	A	B	L	A	B
11:00 - 11:30	A	A	A	A	L	A	A	A	A	A	A	B	B	A	A	B	A	A	A	A	B	A	B	B	B	A	B	A	A	B
11:30 - 12:00	A	A	A	A	L	A	A	A	A	A	A	B	B	A	A	B	A	A	A	A	B	A	B	B	B	A	B	A	A	B
12:00 - 12:30	A	A	A	A	L	A	A	A	A	A	A	B	B	A	A	B	A	A	A	A	B	A	B	B	B	A	B	A	A	B
12:30 - 13:00	A	A	A	A	A	A	A	A	A	A	A	B	B	A	A	B	A	A	A	A	B	A	B	B	B	A	B	A	A	B
13:00 - 13:30	A	A	A	A	A	A	A	A	A	A	A	B	B	A	A	B	A	A	A	A	B	A	B	B	B	A	B	A	A	B
13:30 - 14:00	A	A	A	A	A	A	A	A	A	A	A	B	B	A	A	B	A	A	A	A	B	A	B	B	B	A	B	A	A	B
14:00 - 14:30	A	A	A	A	A	A	A	A	A	A	A	B	B	A	A	B	A	A	A	A	B	A	B	B	B	A	B	A	A	B
14:30 - 15:00	A	A	A	A	A	A	A	A	A	A	A	B	B	A	A	B	A	A	A	A	B	A	B	B	B	A	B	A	A	B
15:00 - 15:30	A	A	A	A	A	A	A	A	A	A	A	B	B	A	A	B	A	A	A	A	B	A	B	B	A	A	B	A	A	A
15:30 - 16:00	A	A	A	A	A	A	A	A	A	A	A	B	B	A	A	B	A	A	A	A	B	A	B	B	A	A	B	A	A	A
16:00 - 16:30	A	A	A	A	A	A	A	A	A	A	A	B	B	A	A	B	A	A	A	A	B	A	B	B	A	A	B	A	A	A
16:30 - 17:00	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	A	A	A	B	A	B	B	A	A	B	A	A	A
17:00 - 17:30	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	A	A	A	B	A	B	B	A	A	B	B	A	A
17:30 - 18:00	A	A	A	A	A	A	A	A	A	A	A	B	B	B	A	B	A	A	A	A	B	A	B	B	A	A	B	B	A	A
18:00 - 18:30	A	A	A	A	A	A	A	A	A	A	A	B	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	A	A
18:30 - 19:00	A	A	A	A	A	A	A	A	A	A	A	B	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	A	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	A	A	A	A	A	A	A	A
19:30 - 20:00	A	A	L	A	A	A	L	A	A	L	A	A	L	L	A	L	A	A	A	L	L	A	A	A	L	A	A	L	A	A
20:00 - 20:30	A	A	L	A	A	A	L	A	A	L	A	A	L	L	A	L	A	A	A	L	L	A	A	A	L	A	A	L	A	A
20:30 - 21:00	A	A	L	A	A	A	L	A	A	L	A	A	L	L	A	L	A	A	A	L	L	A	A	A	L	A	A	L	A	A
21:00 - 21:30	A	A	A	A	A	A	A	A	A	A	A	A	L	L	A	L	A	A	A	A	L	A	A	A	L	A	A	A	A	A
21:30 - 22:00	A	A	A	A	A	A	A	A	A	A	A	A	L	L	A	L	A	A	A	A	L	A	A	A	L	A	A	A	A	A
22:00 - 22:30	A	A	A	A	A	A	A	A	A	A	A	A	L	L	A	L	A	A	A	A	L	A	A	A	L	A	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 24/3/2026

最新更新日期 Date of latest update 23/4/2026

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
2026/4/12 (星期日 Sunday) 11:00 - 19:00	全場 All	中銀人壽香港超級聯賽 BOC Life Hong Kong Premier League	主辦機構: 中國香港足球總會 Organiser: The Football Association, Hong Kong, China
2026/4/13 (星期一 Monday) 08:00 - 18:00	全場 All	學校運動會 School Sports Day	主辦機構: 東華三院文穎怡幼稚園 Organiser: TWGHs Ginny Man Kindergarten
2026/4/14, 21, 28 (星期二 Tuesday) 17:00 - 19:00	全場 All	田徑訓練 Athletic Training	主辦機構: 北區體育會 Organiser: North District Sports Association
2026/4/16 (星期四 Thursday) 08:00 - 18:00	全場 All	學校運動會 School Sports Day	主辦機構: 激活英文小學 Organiser: Gigamind English Primary School
2026/4/21 (星期二 Tuesday) 08:00 - 17:00	全場 All	學校運動會 School Sports Day	主辦機構: 聖公會榮真小學 Organiser: SKH Wing Chun Primary School
2026/4/23 (星期四 Thursday) 08:00 - 18:00	全場 All	學校運動會 School Sports Day	主辦機構: 東華三院曾憲備小學 Organiser: TWGHs Tseng Hin Pei Primary School
2026/4/24 (星期五 Friday) 08:00 - 18:00	全場 All	學校運動會 School Sports Day	主辦機構: 聖公會嘉福榮真小學 Organiser: SKH Ka Fuk Wing Chun Primary School
2026/4/25 (星期六 Saturday) 08:00 - 15:00	全場 All	學校運動會 School Sports Day	主辦機構: 香港道教聯合會蓬瀛通善皇后山幼稚園 Organiser: Hong Kong Taoist Association Fung Ying Tung Sin Queen's Hill Kindergarten
2026/4/27 (星期一 Monday) 07:00 - 19:00	全場 All	學校運動會 School Sports Day	主辦機構: 香港建造學院 Organiser: Hong Kong Institute Of Construction
2026/4/30 (星期四 Thursday) 08:00 - 15:00	全場 All	學校運動會 School Sports Day	主辦機構: 安基司幼稚園暨國際幼兒園 Organiser: Anchors Kindergarten