

## 北區運動場緩步跑開放時間(2026年5月) Opening Hour for Jogging of North District Sports Ground in May 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>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 Sun		
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	B	A	A	A	A	A	B	B	B	A	A	A	A	A	A	A	B
07:30 - 08:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	A	A	A	A	A	A	A	B
08:00 - 08:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	A	A	B
08:30 - 09:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	A	A	B
09:00 - 09:30	A	B	A	A	A	A	A	A	A	A	A	A	A	A	A	B	B	A	A	A	A	A	B	B	B	B	A	A	A	A	A	A	B
09:30 - 10:00	L	B	A	A	L	A	L	L	A	A	A	A	A	A	A	B	B	A	A	A	A	A	B	B	B	B	A	A	A	A	L	B	
10:00 - 10:30	L	B	A	A	L	A	L	L	A	A	A	A	A	A	A	B	B	A	A	A	A	A	B	B	B	B	A	A	A	A	L	B	
10:30 - 11:00	L	B	A	A	L	A	L	L	A	A	A	A	A	A	A	B	B	A	A	A	A	A	B	B	B	B	A	A	A	A	L	B	
11:00 - 11:30	L	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	L	B	
11:30 - 12:00	L	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	L	B	
12:00 - 12:30	L	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	L	B	
12:30 - 13:00	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	A	A	B
13:00 - 13:30	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	A	A	B
13:30 - 14:00	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	A	A	B
14:00 - 14:30	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	A	A	B
14:30 - 15:00	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	A	A	B
15:00 - 15:30	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	A	A	B
15:30 - 16:00	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	A	A	B
16:00 - 16:30	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	A	A	B
16:30 - 17:00	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	B	B	A	A	A	A	A	A	B
17:00 - 17:30	A	A	A	A	B	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	A	B	B	B	B	A	A	A	A	A	A	B
17:30 - 18:00	A	A	A	A	B	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	A	B	B	B	B	A	A	A	A	A	A	B
18:00 - 18:30	A	A	A	A	B	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	A	B	B	B	A	A	A	A	A	A	A	B
18:30 - 19:00	A	A	A	A	B	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	A	B	B	B	A	A	A	A	A	A	A	B
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	A	A	A
19:30 - 20:00	A	L	L	A	L	A	A	A	A	A	A	L	A	A	L	A	A	L	L	A	A	L	A	A	A	L	A	L	A	A	A	A	
20:00 - 20:30	A	L	L	A	L	A	A	A	A	A	A	L	A	A	L	A	A	L	L	A	A	L	A	A	A	L	A	L	A	A	A	A	
20:30 - 21:00	A	L	L	A	L	A	A	A	A	A	A	L	A	A	L	A	A	L	L	A	A	L	A	A	A	L	A	L	A	A	A	A	
21:00 - 21:30	A	L	L	A	A	A	A	L	A	A	A	L	A	A	L	A	A	L	L	A	A	L	A	A	A	L	A	L	A	A	A	A	
21:30 - 22:00	A	L	L	A	A	A	A	L	A	A	A	L	A	A	L	A	A	L	L	A	A	L	A	A	A	L	A	L	A	A	A	A	
22:00 - 22:30	A	L	L	A	A	A	A	L	A	A	A	L	A	A	L	A	A	L	L	A	A	L	A	A	A	L	A	L	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 24/4/2026

最新更新日期 Date of latest update 24/4/2026

## 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
2026/5/2, 16 (星期六 Saturday) 09:00 - 11:00 2026/5/5, 12, 19 (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
2026/5/10 (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
2026/5/17 (星期日 Sunday) 07:00 - 19:00	全場 All	萬年青盾門球比賽 Gateball Open Championship for Evergreen Shield	主辦機構: 中國香港門球總會 Organiser: Hong Kong China Gateball Association
2026/5/22 (星期五 Friday) 08:00 - 18:00	全場 All	學校運動會 School Sports Day	主辦機構: 香港道教聯合會圓玄學院第二中學 Organiser: Hong Kong Taoist Association The Yuen Yuen Institute No.2 Secondary School
2026/5/23, 24, 25, 31 (星期六 Saturday, 星期日 Sunday, 星期一 Monday) 07:00 - 19:00	全場 All	新界區際射箭錦標賽暨公開賽2026 New Territories Inter-District Archery Competition 2026	主辦機構: 北區體育會 Organiser: North District Sports Association