

北區運動場緩步跑開放時間( 2026年8月) Opening Hour for Jogging of North District Sports Ground in Aug 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<br>時間 Time | 1<br>週六<br>Sat | 2<br>週日<br>Sun | 3<br>週一<br>Mon | 4<br>週二<br>Tue | 5<br>週三<br>Wed | 6<br>週四<br>Thu | 7<br>週五<br>Fri | 8<br>週六<br>Sat | 9<br>週日<br>Sun | 10<br>週一<br>Mon | 11<br>週二<br>Tue | 12<br>週三<br>Wed | 13<br>週四<br>Thu | 14<br>週五<br>Fri | 15<br>週六<br>Sat | 16<br>週日<br>Sun | 17<br>週一<br>Mon | 18<br>週二<br>Tue | 19<br>週三<br>Wed | 20<br>週四<br>Thu | 21<br>週五<br>Fri | 22<br>週六<br>Sat | 23<br>週日<br>Sun | 24<br>週一<br>Mon | 25<br>週二<br>Tue | 26<br>週三<br>Wed | 27<br>週四<br>Thu | 28<br>週五<br>Fri | 29<br>週六<br>Sat | 30<br>週日<br>Sun | 31<br>週一<br>Mon |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 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               |
| 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              | 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               |
| 08:30 - 09:00      | A              | A              | A              | A              | A              | A              | A              | A              | A              | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               |
| 09:00 - 09:30      | A              | A              | A              | A              | A              | A              | A              | B              | A              | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               |
| 09:30 - 10:00      | A              | L              | A              | L              | A              | L              | A              | B              | A              | L               | A               | A               | L               | A               | A               | L               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | L               | A               | A               | A               | A               |
| 10:00 - 10:30      | A              | L              | A              | L              | A              | L              | A              | B              | A              | L               | A               | A               | L               | A               | A               | L               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | L               | A               | A               | A               | A               |
| 10:30 - 11:00      | A              | L              | A              | L              | A              | L              | A              | B              | A              | L               | A               | A               | L               | A               | A               | L               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | L               | A               | A               | A               | A               |
| 11:00 - 11:30      | A              | L              | A              | A              | A              | A              | A              | A              | A              | L               | A               | A               | A               | A               | A               | L               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               |
| 11:30 - 12:00      | A              | L              | A              | A              | A              | A              | A              | A              | A              | L               | A               | A               | A               | A               | A               | L               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               |
| 12:00 - 12:30      | A              | L              | A              | A              | A              | A              | A              | A              | A              | L               | A               | A               | A               | A               | A               | L               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | B               | A               | A               |
| 12:30 - 13:00      | 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               | A               | A               | B               | A               | A               |
| 13:00 - 13:30      | 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               | A               | A               | B               | A               | A               |
| 13:30 - 14:00      | 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               | A               | A               | B               | A               | A               |
| 14:00 - 14:30      | 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               | A               | A               | B               | A               | A               |
| 14:30 - 15:00      | 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               | A               | A               | B               | A               | A               |
| 15:00 - 15:30      | 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               | A               | A               | B               | A               | A               |
| 15:30 - 16:00      | 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               | A               | A               | B               | A               | A               |
| 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               | A               | A               | A               | A               | A               | B               | A               | A               |
| 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               | A               | A               | A               | A               | A               | B               | A               | A               |
| 17:00 - 17:30      | A              | A              | A              | A              | A              | A              | A              | A              | A              | A               | A               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | B               | A               | B               | A               | A               | A               | B               | A               | A               |
| 17:30 - 18:00      | A              | A              | A              | A              | A              | A              | A              | A              | A              | A               | A               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | B               | A               | B               | A               | A               | A               | B               | A               | A               |
| 18:00 - 18:30      | A              | A              | A              | A              | A              | A              | A              | A              | A              | A               | A               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | B               | A               | B               | A               | A               | A               | B               | A               | A               |
| 18:30 - 19:00      | A              | A              | A              | A              | A              | A              | A              | A              | A              | A               | A               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | B               | A               | B               | A               | A               | A               | 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               | B               | A               | A               | A               | A               | A               | B               | A               | A               |
| 19:30 - 20:00      | A              | A              | A              | A              | A              | A              | A              | L              | A              | A               | L               | A               | A               | A               | A               | A               | A               | L               | A               | A               | L               | A               | B               | A               | L               | A               | A               | A               | B               | A               | A               |
| 20:00 - 20:30      | A              | A              | A              | A              | A              | A              | A              | L              | A              | A               | L               | A               | A               | A               | A               | A               | A               | L               | A               | A               | L               | A               | A               | A               | L               | A               | A               | A               | A               | A               | A               |
| 20:30 - 21:00      | A              | A              | A              | A              | A              | A              | A              | L              | A              | A               | L               | A               | A               | A               | A               | A               | A               | L               | A               | A               | L               | A               | A               | A               | L               | A               | A               | A               | A               | A               | A               |
| 21:00 - 21:30      | A              | A              | A              | A              | A              | A              | A              | L              | A              | A               | L               | A               | A               | A               | A               | A               | A               | L               | A               | A               | L               | A               | A               | A               | L               | A               | A               | A               | A               | A               | A               |
| 21:30 - 22:00      | A              | A              | A              | A              | A              | A              | A              | L              | A              | A               | L               | A               | A               | A               | A               | A               | A               | L               | A               | A               | L               | A               | A               | A               | L               | A               | A               | A               | A               | A               | A               |
| 22:00 - 22:30      | A              | A              | A              | A              | A              | A              | A              | L              | A              | A               | L               | A               | A               | A               | A               | A               | A               | L               | A               | A               | L               | A               | A               | A               | L               | A               | 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 23/7/2026  
最新更新日期 Date of latest update 23/7/2026

暫停開放的詳情 Details of the Temporary Closure

| 暫停開放時期及時間<br>Date & Time of Temporary Closure                                            | 設施 Facilities | 原因 Reason                          | 備註 Remarks                                                              |
|------------------------------------------------------------------------------------------|---------------|------------------------------------|-------------------------------------------------------------------------|
| 2026/8/8<br>(星期六 Saturday) 09:00 - 11:00<br>2026/8/18, 25<br>(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<br>Organiser: North District Sports Association             |
| 2026/8/23<br>(星期日 Sunday) 12:00 - 20:00<br>2026/8/29<br>(星期六 Saturday) 12:00 - 20:00     | 全場 All        | 香港超級聯賽<br>Hong Kong Premier League | 主辦機構: 中國香港足球總會<br>Organiser: The Football Association, Hong Kong, China |