

西貢鄧肇堅運動場緩步跑開放時間(2025年5月) Opening Hour for Jogging of Sai Kung Tang Shiu Kin Sports Ground in May 2025

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及草地保養，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 and turf maintenance.
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
06:30 - 07:00	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A
07:00 - 07:30	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A
07:30 - 08:00	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A
08:00 - 08:30	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A
08:30 - 09:00	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A
09:00 - 09:30	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A
09:30 - 10:00	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	L	A	A	A	L	A	A
10:00 - 10:30	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	L	A	A	A	L	A	A
10:30 - 11:00	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	L	A	A	A	L	A	A
11:00 - 11:30	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	A	A
11:30 - 12:00	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	A	A
12:00 - 12:30	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	A	A
12:30 - 13:00	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	A	A
13:00 - 13:30	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	A	A
13:30 - 14:00	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	A	A
14:00 - 14:30	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	A	A
14:30 - 15:00	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	A	A
15:00 - 15:30	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L
15:30 - 16:00	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L
16:00 - 16:30	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L
16:30 - 17:00	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A
17:00 - 17:30	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A
17:30 - 18:00	L	B	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A
18:00 - 18:30	L	B	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	A	A	A	L	A	A	A	L	A	A	L	A	A
18:30 - 19:00	L	B	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	A	A	A	L	A	A	A	L	A	A	L	A	A
19:00 - 19:30	L	B	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	A	A	A	L	A	A	A	L	A	A	L	A	A
19:30 - 20:00	L	B	L	L	L	L	L	L	L	L	L	L	A	A	L	L	A	L	L	L	L	L	L	L	L	L	L	L	L	L	L
20:00 - 20:30	L	B	L	L	L	L	L	L	L	L	L	L	A	A	L	L	A	L	L	L	L	L	L	L	L	L	L	L	L	L	L
20:30 - 21:00	L	A	L	L	L	L	L	L	L	L	L	L	A	A	L	L	A	L	L	L	L	L	L	L	L	L	L	L	L	L	L
21:00 - 21:30	L	L	A	A	A	A	A	L	L	A	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	A	A
21:30 - 22:00	L	L	A	A	A	A	A	L	L	A	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	A	A
22:00 - 22:30	L	L	A	A	A	A	A	L	L	A	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	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 23.4.2025

最新更新日期 Date of latest update23.4.2025

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
2025/05/01, 8, 15, 22,29 06:30 - 22:30	天然草地足球場 Natural turf soccer pitch	草地保養 Turf Maintenance	-
2025/05/02 07:30 - 20:30	全場 All	拍攝 Film Shooting	主辦機構:電視廣播有限公司 Organiser: TVB
2025/05/24 09:30 - 15:00	天然草地足球場 Natural turf soccer pitch	球類活動 Ball Game	主辦機構: Hong Kong Dragons Australian Rules Football Club Organiser: Hong Kong Dragons Australian Rules Football Club
2025/05/25 09:30 - 11:00	天然草地足球場 Natural turf soccer pitch	球類活動 Ball Game	主辦機構: 紅火蟻足球隊 Organiser: Red Fire Ants Football Team
2025/05/31 15:00 - 16:40	天然草地足球場 Natural turf soccer pitch	球類活動 Ball Game	主辦機構:保迪增浩有限公司 Organiser: Protect Century Limited