

西貢鄧肇堅運動場緩步跑開放時間(2026年3月) Opening Hour for Jogging of Sai Kung Tang Shiu Kin Sports Ground in Mar 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 週日 Sun	2 週一 Mon	3 週二 Tue	4 週三 Wed	5 週四 Thu	6 週五 Fri	7 週六 Sat	8 週日 Sun	9 週一 Mon	10 週二 Tue	11 週三 Wed	12 週四 Thu	13 週五 Fri	14 週六 Sat	15 週日 Sun	16 週一 Mon	17 週二 Tue	18 週三 Wed	19 週四 Thu	20 週五 Fri	21 週六 Sat	22 週日 Sun	23 週一 Mon	24 週二 Tue	25 週三 Wed	26 週四 Thu	27 週五 Fri	28 週六 Sat	29 週日 Sun	30 週一 Mon	31 週二 Tue
06:30 - 07:00	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	A	A	A
07:00 - 07:30	A	A	A	A	A	L	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
07:30 - 08:00	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	A	A	A
08:00 - 08:30	L	A	A	A	L	A	B	L	A	A	A	L	A	A	L	A	A	A	L	A	B	L	A	A	A	L	B	A	L	A	A
08:30 - 09:00	L	A	A	A	L	A	B	L	A	A	A	L	A	A	L	A	A	A	L	A	B	L	A	A	A	L	B	A	L	A	A
09:00 - 09:30	L	A	A	A	L	A	B	L	A	A	A	L	A	A	L	A	A	A	L	A	B	L	A	A	A	L	B	A	L	A	A
09:30 - 10:00	L	A	A	A	L	A	B	L	A	A	A	L	A	A	L	A	A	A	L	A	B	L	A	A	A	L	B	A	L	A	A
10:00 - 10:30	L	A	A	A	L	A	B	L	A	A	A	L	A	A	L	A	A	A	L	A	B	L	A	A	A	L	B	A	L	A	A
10:30 - 11:00	L	A	A	A	L	A	B	L	A	A	A	L	A	A	L	A	A	A	L	A	B	L	A	A	A	L	B	A	L	A	A
11:00 - 11:30	L	A	A	A	L	A	B	L	A	A	A	L	A	A	L	A	A	A	L	A	B	L	A	A	A	L	B	A	L	A	A
11:30 - 12:00	L	A	A	A	L	A	B	L	A	A	A	L	A	A	L	A	A	A	L	A	B	L	A	A	A	L	B	A	L	A	A
12:00 - 12:30	L	A	A	A	L	A	B	L	A	A	A	L	A	A	L	A	A	A	L	A	B	L	A	A	A	L	B	A	L	A	A
12:30 - 13:00	A	A	A	A	L	A	B	A	A	A	A	L	A	A	A	A	A	A	L	A	B	A	A	A	A	L	B	A	A	A	A
13:00 - 13:30	A	A	A	A	L	A	B	A	A	A	A	L	A	A	A	A	A	A	L	A	B	A	A	A	A	L	B	A	A	A	A
13:30 - 14:00	L	A	A	A	L	A	B	L	A	A	A	L	A	A	L	A	A	A	L	A	B	L	A	A	A	L	B	A	L	A	A
14:00 - 14:30	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	B	L	B	A	L	A	A
14:30 - 15:00	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	B	L	B	A	L	A	A
15:00 - 15:30	L	A	A	A	L	A	L	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	B	L	B	A	L	A	A
15:30 - 16:00	L	A	A	A	L	A	L	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	B	L	B	A	L	A	A
16:00 - 16:30	L	A	A	A	L	A	L	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	B	A	L	A	A
16:30 - 17:00	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	B	A	L	A	A
17:00 - 17:30	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	B	A	L	A	A
17:30 - 18:00	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	B	A	L	A	A
18:00 - 18:30	L	L	A	A	L	L	L	L	A	A	L	L	L	L	L	L	A	A	L	L	L	L	A	A	L	L	A	L	L	A	A
18:30 - 19:00	L	L	A	A	L	L	L	L	A	A	L	L	L	L	L	L	A	A	L	L	L	L	A	A	L	L	A	L	L	A	A
19:00 - 19:30	L	L	A	A	L	L	L	L	A	A	L	L	L	L	L	L	A	A	L	L	L	L	A	A	L	L	A	L	L	A	A
19:30 - 20:00	L	A	L	A	L	A	L	L	A	L	A	L	L	L	L	A	A	A	L	A	L	L	L	A	A	L	A	L	L	A	A
20:00 - 20:30	L	A	L	A	L	A	L	L	A	L	A	L	L	L	L	A	A	A	L	A	L	L	L	A	A	L	A	L	L	A	A
20:30 - 21:00	L	A	L	A	L	A	L	L	A	L	A	L	L	L	L	A	A	A	L	A	L	L	L	A	A	L	A	L	L	A	A
21:00 - 21:30	A	A	A	A	L	A	A	A	L	A	A	L	A	A	A	A	A	L	L	A	A	A	A	L	A	L	A	A	A	A	A
21:30 - 22:00	A	A	A	A	L	A	A	A	L	A	A	L	A	A	A	A	A	L	L	A	A	A	A	L	A	L	A	A	A	A	A
22:00 - 22:30	A	A	A	A	L	A	A	A	L	A	A	L	A	A	A	A	A	L	L	A	A	A	A	L	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 6.2.2026

最新更新日期 Date of latest update 6.2.2026

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
2026/03/05, 12, 19, 26 06:30 - 22:30	天然草地足球場 Natural turf soccer pitch	草地保養 Turf Maintenance	-
2026/03/01, 08, 15, 22, 29 08:00 - 12:30	天然草地足球場 Natural turf soccer pitch	球類活動 Ball Game	主辦機構: 中國香港欖球總會 Organiser: Hong Kong China Rugby
2026/03/06, 13, 20, 27 18:00 - 19:30	天然草地足球場 Natural turf soccer pitch	球類活動 Ball Game	主辦機構: 中國香港欖球總會 Organiser: Hong Kong China Rugby
2026/03/01, 08, 15, 22, 29 13:30 - 18:00	天然草地足球場 Natural turf soccer pitch	球類活動 Ball Game	主辦機構: 中國香港足球總會有限公司 Organiser: The Football Association of Hong Kong China Limited
2026/03/25 14:00 - 16:00	全場 All	田徑訓練 Athletics Training	主辦機構: 西貢坑口區鄭植之中學 Organiser: Cheng Chek Chee Secondary School of Sai Kung and Hang Hau District,
2026/03/07 08:00 - 14:00	全場 All	運動會 Athletic Meet	主辦機構: 天主教聖雅各伯幼稚園 Organiser: St James Catholic Kindergarten
2026/03/21 08:00 - 14:00	全場 All	運動會 Athletic Meet	主辦機構: 觀塘循道幼稚園 Organiser: Kwun Tong Methodist Kindergarten
2026/03/27 08:00 - 18:00	全場 All	運動會 Athletic Meet	主辦機構: 明愛樂恩學校 Organiser: Caritas Mother Teresa School