

西貢鄧肇堅運動場緩步跑開放時間(2026年5月) Opening Hour for Jogging of Sai Kung Tang Shiu Kin Sports Ground in May 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	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	
07:00 - 07:30	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	A	
07:30 - 08:00	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	A	
08:00 - 08:30	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	B	A	A	A	A	A	L	A	A	A	
08:30 - 09:00	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	B	A	A	A	A	A	L	A	A	A	
09:00 - 09:30	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	B	A	A	A	A	A	L	A	A	A	
09:30 - 10:00	A	A	A	A	A	A	L	A	L	A	A	A	A	L	A	L	A	A	A	A	L	B	A	A	A	A	A	L	A	A	A	
10:00 - 10:30	A	A	A	A	A	A	L	A	L	A	A	A	A	L	A	L	A	A	A	A	L	B	A	A	A	A	A	L	A	A	A	
10:30 - 11:00	A	A	A	A	A	A	L	A	L	A	A	A	A	L	A	L	A	A	A	A	L	B	A	A	A	A	A	L	A	A	A	
11:00 - 11:30	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	B	A	A	A	A	A	L	A	A	A	
11:30 - 12:00	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	B	A	A	A	A	A	L	A	A	A	
12:00 - 12:30	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	L	A	A	A	A	L	B	A	A	A	A	A	L	A	A	A	
12:30 - 13:00	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	B	A	A	A	A	A	L	A	A	A	
13:00 - 13:30	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	B	A	A	A	A	A	L	A	A	A	
13:30 - 14:00	A	A	A	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	B	A	L	A	A	A	L	A	A	L	
14:00 - 14:30	A	A	A	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	B	A	L	A	A	B	L	A	A	L	
14:30 - 15:00	A	A	A	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	B	A	L	A	A	B	L	A	A	L	
15:00 - 15:30	A	A	A	A	A	A	L	A	L	L	A	A	A	L	A	A	L	A	A	A	L	B	A	L	A	A	B	L	A	A	L	
15:30 - 16:00	A	A	A	A	A	A	L	A	L	L	A	A	A	L	A	A	L	A	A	A	L	B	A	L	A	A	B	L	A	A	L	
16:00 - 16:30	A	A	A	A	A	A	L	A	L	L	A	A	A	L	A	A	L	A	A	A	L	B	A	L	A	A	A	L	A	A	L	
16:30 - 17:00	A	A	A	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	B	A	L	A	A	A	L	A	A	L	
17:00 - 17:30	A	A	A	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	B	A	L	A	A	A	L	A	A	L	
17:30 - 18:00	A	A	A	A	A	A	L	A	A	L	A	A	A	L	A	A	L	A	A	A	L	B	A	L	A	A	A	L	A	A	L	
18:00 - 18:30	L	L	L	A	A	L	L	L	L	L	A	A	A	L	L	L	L	L	A	A	L	A	L	L	A	L	A	L	A	L	L	
18:30 - 19:00	L	L	L	A	A	L	L	L	L	L	A	A	A	L	L	L	L	L	A	A	L	A	L	L	A	L	A	L	A	L	L	
19:00 - 19:30	L	L	L	A	A	L	L	L	L	L	A	A	A	L	L	L	L	L	A	A	L	A	L	L	A	L	A	L	A	L	L	
19:30 - 20:00	A	L	L	A	A	A	L	L	L	L	L	A	A	L	A	L	L	A	A	L	L	L	L	L	L	L	A	A	L	A	L	L
20:00 - 20:30	A	L	L	A	A	A	L	L	L	L	L	A	A	L	A	L	L	A	A	L	L	L	L	L	L	L	A	A	L	A	L	L
20:30 - 21:00	A	L	L	A	A	A	L	L	L	L	L	A	A	L	A	L	L	A	A	L	L	L	L	L	L	L	A	A	L	A	L	L
21:00 - 21:30	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	L	L	A	A	A	A
21:30 - 22:00	A	A	A	A	A	A	L	A	A	A	A	A	A	L	L	A	A	A	A	A	L	A	A	A	A	A	L	L	A	A	A	A
22:00 - 22:30	A	A	A	A	A	A	L	A	A	A	A	A	A	L	L	A	A	A	A	A	L	A	A	A	A	A	L	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 10.4.2026

最新更新日期 Date of latest update 10.4.2026

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
2026/05/07, 14, 21, 28 06:30 - 22:30	天然草地足球場 Natural turf soccer pitch	草地保養 Turf Maintenance	-
2026/05/01, 08, 15 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
2026/05/16 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
2026/05/10, 17, 24, 31 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
2026/05/08, 22 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: 邱浩麟西貢區議會議員辦事處 Organiser: Office of Mr. Yau Ho Lun Sai Kung District Council Member
2026/05/22 08:00 - 18:00	全場 All	運動會 Athletic Meet	主辦機構: 滙基書院(東九龍) Organiser: United Christian College (Kowloon East)
2026/05/27 14:00 - 16:00	跳高, 跳遠, 推鉛球	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,