

西貢鄧肇堅運動場緩步跑開放時間(2026年9月) Opening Hour for Jogging of Sai Kung Tang Shiu Kin Sports Ground in Sep 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 週二 Tue	2 週三 Wed	3 週四 Thu	4 週五 Fri	5 週六 Sat	6 週日 Sun	7 週一 Mon	8 週二 Tue	9 週三 Wed	10 週四 Thu	11 週五 Fri	12 週六 Sat	13 週日 Sun	14 週一 Mon	15 週二 Tue	16 週三 Wed	17 週四 Thu	18 週五 Fri	19 週六 Sat	20 週日 Sun	21 週一 Mon	22 週二 Tue	23 週三 Wed	24 週四 Thu	25 週五 Fri	26 週六 Sat	27 週日 Sun	28 週一 Mon	29 週二 Tue	30 週三 Wed	31 週四 Thu
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	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	B	B	B	B	B	L	L	B	B	A
08:30 - 09:00	A	A	A	A	A	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	B	B	B	B	B	L	L	B	B	A
09:00 - 09:30	A	A	A	A	A	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	B	B	B	B	B	L	L	B	B	A
09:30 - 10:00	A	A	A	A	L	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	B	B	B	B	B	L	L	B	B	A
10:00 - 10:30	A	A	A	A	L	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	B	B	B	B	B	L	L	B	B	A
10:30 - 11:00	A	A	A	A	L	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	B	B	B	B	B	L	L	B	B	A
11:00 - 11:30	A	A	A	A	A	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	B	B	B	B	B	L	L	B	B	A
11:30 - 12:00	A	A	A	A	A	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	B	B	B	B	B	L	L	B	B	A
12:00 - 12:30	A	A	A	A	A	L	L	A	A	A	A	A	L	L	A	A	A	A	A	L	L	B	B	B	B	B	L	L	B	B	A
12:30 - 13:00	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	L	L	B	B	B	B	B	A	L	B	B	A
13:00 - 13:30	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	L	L	B	B	B	B	B	A	L	B	B	A
13:30 - 14:00	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	L	L	B	B	B	B	B	A	L	B	B	A
14:00 - 14:30	A	A	A	A	B	A	L	A	A	A	A	A	A	L	A	A	A	A	A	L	L	B	B	B	B	B	A	L	B	B	A
14:30 - 15:00	A	A	A	A	B	A	L	A	A	A	A	A	A	L	A	A	A	A	A	L	L	B	B	B	B	B	A	L	B	B	A
15:00 - 15:30	A	A	A	A	B	A	L	A	A	A	A	A	A	L	A	A	A	A	A	L	L	B	B	B	B	B	A	L	B	B	A
15:30 - 16:00	A	A	A	A	B	A	L	A	A	A	A	A	A	L	A	A	A	A	A	L	L	B	B	B	B	B	A	L	B	B	A
16:00 - 16:30	A	A	A	A	B	A	L	A	A	A	A	A	A	L	A	A	A	A	A	L	L	B	B	B	B	B	A	L	B	B	A
16:30 - 17:00	A	A	A	A	B	A	L	A	A	A	A	A	A	L	A	A	A	A	A	L	L	B	B	B	B	B	A	L	B	B	A
17:00 - 17:30	A	A	A	A	B	A	L	A	A	A	A	A	A	L	A	A	A	A	A	L	L	B	B	B	B	B	A	L	B	B	A
17:30 - 18:00	A	A	A	A	B	A	L	A	A	A	A	A	A	L	A	A	A	A	A	L	L	B	B	B	B	B	A	L	B	B	A
18:00 - 18:30	L	A	A	L	L	L	L	L	A	A	L	L	L	L	A	L	A	L	L	L	L	A	A	A	L	L	L	L	A	A	A
18:30 - 19:00	L	A	A	L	L	L	L	L	A	A	L	L	L	L	A	L	A	L	L	L	L	A	A	A	L	L	L	L	A	A	A
19:00 - 19:30	L	A	A	L	L	L	L	L	A	A	L	L	L	L	A	L	A	L	L	L	L	A	A	A	L	L	L	L	A	A	A
19:30 - 20:00	A	L	A	L	L	L	L	A	L	A	L	L	L	L	L	A	L	L	L	L	L	L	A	L	L	A	L	A	A	A	A
20:00 - 20:30	A	L	A	L	L	L	L	A	L	A	L	L	L	L	L	A	L	L	L	L	L	L	L	A	L	L	A	L	A	A	A
20:30 - 21:00	A	L	A	L	L	L	L	A	L	A	L	L	L	L	L	A	L	L	L	L	L	L	L	A	L	L	A	L	A	A	A
21:00 - 21:30	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	L	L	A	A	L	A	A	L	A	A	A	L	A	A	A
21:30 - 22:00	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	L	L	A	A	L	A	A	L	A	A	A	L	A	A	A
22:00 - 22:30	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	L	L	A	A	L	A	A	L	A	A	A	L	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 3.9.2026

最新更新日期 Date of latest update 3.9.2026

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
2026/09/07, 14, 21, 28 06:30 - 22:30	天然草地足球場 Natural turf soccer pitch	草地保養 Turf Maintenance	-
2026/09/04 19:30 - 21:00	天然草地足球場 Natural turf soccer pitch	球類活動 Ball Game	主辦機構: 邱浩麟西貢區會議員辦事處 Organiser: Office of Mr. Yau Ho Lun Sai Kung District Council Member
2026/09/18 21:00 - 22:30	天然草地足球場 Natural turf soccer pitch	球類活動 Ball Game	主辦機構: 邱浩麟西貢區會議員辦事處 Organiser: Office of Mr. Yau Ho Lun Sai Kung District Council Member
2026/09/06, 13, 20, 27 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
2026/09/04, 11, 18, 25 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
2026/09/22, 23, 24, 25, 26 08:00 - 18:00	全場 All	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
2026/09/05 14:00 - 18:00	全場 All	運動會 Athletic Meet	主辦機構: 香港移植運動協會 Organiser: Hong Kong Transplant Sports Association
2026/09/29, 30 08:00 - 18:00	全場 All	運動會 Athletic Meet	主辦機構: 聖公會基考中學 Organiser: SKH Kei Hau Secondary School