

沙田運動場緩步跑開放時間 (2026年9月) Opening Hour for Jogging of Sha Tin Sports Ground in Sep 2026

備註 Notes:

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緩步跑開放時間

Opening Hours for Jogging

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 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.

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).

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
07:00 - 07:30	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	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	B	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	B	A	A	A	B	B	A	B	B	B	A
08:30 - 09:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	B	B	A	B	B	B	A
09:00 - 09:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	B	B	A	B	B	B	A
09:30 - 10:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	B	A	A	A	B	B	L	B	B	B	A
10:00 - 10:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	B	A	A	A	B	B	L	B	B	B	A
10:30 - 11:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	B	A	A	A	B	B	L	B	B	B	A
11:00 - 11:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	B	A	A	A	B	B	A	B	B	B	A
11:30 - 12:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	B	A	A	A	B	B	A	B	B	B	A
12:00 - 12:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	B	A	A	A	B	B	A	B	B	B	A
12:30 - 13:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	B	B	A	B	B	B	A
13:00 - 13:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	B	B	A	B	B	B	A
13:30 - 14:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	B	A	A	A	B	B	A	B	B	B	A
14:00 - 14:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	A	B	B	A	B	B	B	A
14:30 - 15:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	A	B	B	A	B	B	B	A
15:00 - 15:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	L	A	A	A	B	B	L	B	B	B	A
15:30 - 16:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	L	A	A	A	B	B	L	B	B	B	A
16:00 - 16:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	L	A	A	A	B	B	L	B	B	B	A
16:30 - 17:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	L	A	A	A	B	B	L	B	B	B	A
17:00 - 17:30	B	A	B	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	L	L	A	B	A	B	A	L	A	A	B	A
17:30 - 18:00	B	A	B	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	L	L	A	B	A	B	A	L	A	A	B	A
18:00 - 18:30	B	A	B	A	A	A	B	B	A	B	A	A	A	B	B	A	B	L	L	L	A	B	A	B	L	L	L	A	B	A
18:30 - 19:00	B	A	B	A	A	A	B	B	A	B	A	A	A	B	B	A	B	L	L	L	A	B	A	B	L	L	L	A	B	A
19:00 - 19:30	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	L	L	L	A	A	A	A	L	L	L	A	A	A
19:30 - 20:00	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	L	L	L	L	A	A	A	L	L	L	L	A	A	A
20:00 - 20:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	L	L	L	A	A	A	L	L	L	L	A	A	A
20:30 - 21:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	L	L	L	A	A	A	L	L	L	L	A	A	A
21:00 - 21:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	L	A	A	A	A	A	L	L	A	A	A	A	A
21:30 - 22:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	L	A	A	A	A	A	L	L	A	A	A	A	A
22:00 - 22:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	L	L	A	A	A	A	A	L	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 12.8.2026

最新更新日期 Date of latest update : 8.9.2026

暫停開放的詳情 Details of the Temporary Closure

暫停開放時期 Date of Temporary Closure	時間 Time	設施 Facilities	原因 Reason
1/9/2026	17:00-19:00	全場 All	田徑訓練 Athletic Training
3/9/2026	17:00-19:00	全場 All	田徑訓練 Athletic Training
7/9/2026	18:00-20:00	全場 All	田徑訓練 Athletic Training
8/9/2026	17:00-19:00	全場 All	田徑訓練 Athletic Training
10/9/2026	17:00-19:00	全場 All	田徑訓練 Athletic Training
14/9/2026	18:00-20:00	全場 All	田徑訓練 Athletic Training
15/9/2026	17:00-19:00	全場 All	田徑訓練 Athletic Training
17/9/2026	17:00-19:00	全場 All	田徑訓練 Athletic Training
20/9/2026	07:00-14:00	全場 All	大型活動 Major Event
22/9/2026	17:00-19:00	全場 All	田徑訓練 Athletic Training
24/9/2026	08:00-17:00	全場 All	學校運動會 School Sports Day
24/9/2026	17:00-19:00	全場 All	田徑訓練 Athletic Training
25/9/2026	08:00-17:00	全場 All	學校運動會 School Sports Day
27/9/2026	08:00-17:00	全場 All	大型活動 Major Event
28/9/2026	08:00-17:00	全場 All	學校運動會 School Sports Day
29/9/2026	08:00-17:00	全場 All	學校運動會 School Sports Day
29/9/2026	17:00-19:00	全場 All	田徑訓練 Athletic Training