

## 小西灣運動場緩步跑開放時間(2026年6月) Opening Hour for Jogging of Siu Sai Wan Sports Ground in June 2026

備註 Notes:

<b>A</b>	緩步跑開放時間 Opening Hours for Jogging
<b>L</b>	為配合運動場內草地的球類活動或草地保養，運動場只會開放跑道最外圍的6至8條線道給公眾人士作緩跑之用。Jogging will be confined to the No.6-8 outer lanes of the track when the infield is being used for ball games or turf main
<b>B</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).
<b>M</b>	場地關閉 Venue closed

日期 Date 時間 Time	1 週一 Mon	2 週二 Tue	3 週三 Wed	4 週四 Thu	5 週五 Fri	6 週六 Sat	7 週日 Sun	8 週一 Mon	9 週二 Tue	10 週三 Wed	11 週四 Thu	12 週五 Fri	13 週六 Sat	14 週日 Sun	15 週一 Mon	16 週二 Tue	17 週三 Wed	18 週四 Thu	19 週五 Fri	20 週六 Sat	21 週日 Sun	22 週一 Mon	23 週二 Tue	24 週三 Wed	25 週四 Thu	26 週五 Fri	27 週六 Sat	28 週日 Sun	29 週一 Mon	30 週二 Tue	
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	
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	A	L	A
07:30 - 08:00	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	A	L	A
08:00 - 08:30	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	B	A	A	L	A	
08:30 - 09:00	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	B	A	A	L	A	
09:00 - 09:30	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	B	A	L	A	A	A	B	A	A	L	A	
09:30 - 10:00	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	B	A	L	A	A	A	B	A	A	L	A	
10:00 - 10:30	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	B	A	L	A	A	A	B	A	A	L	A	
10:30 - 11:00	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	B	A	L	A	A	A	B	A	A	L	A	
11:00 - 11:30	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	B	A	L	A	A	A	B	A	A	L	A	
11:30 - 12:00	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	B	A	L	A	A	A	B	A	A	L	A	
12:00 - 12:30	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	B	A	A	L	A	
12:30 - 13:00	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	B	A	A	L	A	
13:00 - 13:30	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	B	A	A	L	A	
13:30 - 14:00	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	A	A	A	L	A	A	A	B	A	A	L	A	
14:00 - 14:30	L	A	A	B	A	A	A	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	B	A	A	L	A	
14:30 - 15:00	L	A	A	B	A	A	A	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	B	A	A	L	A	
15:00 - 15:30	L	A	A	A	A	A	A	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	B	A	A	L	A	
15:30 - 16:00	L	A	A	A	A	A	A	L	A	A	B	A	A	A	L	A	A	A	A	A	A	L	A	A	A	B	A	A	L	A	
16:00 - 16:30	L	A	A	A	B	A	A	L	A	A	B	B	A	A	L	A	A	A	A	A	A	L	A	A	A	B	A	A	L	A	
16:30 - 17:00	L	A	A	A	B	A	A	L	A	A	B	B	A	A	L	A	A	A	A	A	A	L	A	A	A	B	A	A	L	A	
17:00 - 17:30	A	A	B	A	B	A	A	B	A	B	A	B	A	A	B	A	B	A	A	A	A	B	A	B	A	B	A	A	B	A	
17:30 - 18:00	A	A	B	A	B	A	A	B	A	B	A	B	A	A	B	A	B	A	A	A	A	B	A	B	A	B	A	A	B	A	
18:00 - 18:30	A	L	B	A	A	A	A	B	A	B	A	A	A	A	B	L	B	A	A	A	A	B	A	B	A	A	A	A	B	A	
18:30 - 19:00	A	L	B	A	A	A	A	B	A	B	A	A	A	A	B	L	B	A	A	A	A	B	A	B	A	A	A	A	B	A	
19:00 - 19:30	A	L	A	L	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	L	A	A	A	A	A	
19:30 - 20:00	A	L	L	L	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	L	A	A	A	A	A	
20:00 - 20:30	A	L	L	L	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	L	A	A	A	A	A	
20:30 - 21:00	A	L	L	L	A	A	A	A	A	A	A	A	A	A	A	L	A	A	A	A	A	A	A	A	L	A	A	A	A	A	
21:00 - 21:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	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	A	A	A	A	A	A	A	A	A	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 20/5/2026

最新更新日期 Date of latest update 20/5/2026

<b>暫停開放的詳情 Details of the Temporary Closure</b>			
<b>暫停開放時期及時間 Date &amp; Time of Temporary Closure</b>	<b>設施 Facilities</b>	<b>原因 Reason</b>	<b>備註 Remarks</b>
1/6/2026 0630-1700	1-3號線道 No.1-3 lanes	草地保養 Turf Maintenance	
2/6/2026 1800-2100	1-5號線道 No.1-5 lanes	足球訓練 Football training	
3/6/2026 1700-1900	全場 All	田徑訓練 Athletic Training	
3/6/2026 1930-2100	1-5號線道 No.1-5 lanes	足球訓練 Football training	
4/6/2026 0800-1500	全場 All	運動會 Athletic Meet	
4/6/2026 1900-2100	1-3號線道 No.1-3 lanes	長跑訓練 Long Run Training	
5/6/2026 1600-1800	全場 All	箭藝訓練班 Archery Training	
8/6/2026 0630-1700	1-3號線道 No.1-3 lanes	草地保養 Turf Maintenance	
8/6/2026 1700-1900	全場 All	田徑訓練 Athletic Training	
10/6/2026 1700-1900	全場 All	田徑訓練 Athletic Training	
11/6/2026 1400-1700	全場 All	田徑訓練 Athletic Training	

12/6/2026 1600-1800	全場 All	箭藝訓練班 Archery Training	
15/6/2026 0630-1700	1-3號線道 No.1-3 lanes	草地保養 Turf Maintenance	
15/6/2026 1700-1900	全場 All	田徑訓練 Athletic Training	
16/6/2026 1800-2100	1-5號線道 No.1-5 lanes	足球訓練 Football training	
17/6/2026 1700-1900	全場 All	田徑訓練 Athletic Training	
20/6/2026 0900-1200	全場 All	箭藝同樂日 Archery Fun Day	
22/6/2026 0630-1700	1-3號線道 No.1-3 lanes	草地保養 Turf Maintenance	
22/6/2026 1700-1900	全場 All	田徑訓練 Athletic Training	
24/6/2026 1700-1900	全場 All	田徑訓練 Athletic Training	
25/6/2026 1900-2100	1-3號線道 No.1-3 lanes	長跑訓練 Long Run Training	
26/6/2026 0800-1600	全場 All	運動會 Athletic Meet	
26/6/2026 1600-1800	全場 All	箭藝訓練班 Archery Training	
29/6/2026 0630-1700	1-3號線道 No.1-3 lanes	草地保養 Turf Maintenance	

29/6/2026 1700-1900	全場 All	田徑訓練 Athletic Training	
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