

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

最新更新日期 Date of latest update 26/6/2026

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
3/7/2026 0630-1700	1-3號線道 No.1-3 lanes	草地保養 Turf Maintenance	
4/7/2026 0800-2000	全場 All	足球比賽 Football Match	
5/7/2026 0800-2000	全場 All	足球比賽 Football Match	
6/7/2026 0630-1700	1-3號線道 No.1-3 lanes	草地保養 Turf Maintenance	
6/7/2026 1700-1900	全場 All	田徑訓練 Athletic Training	
7/7/2026 1800-2100	1-5號線道 No.1-5 lanes	足球訓練 Football training	
8/7/2026 1700-1900	全場 All	田徑訓練 Athletic Training	
8/7/2026 1930-2100	1-5號線道 No.1-5 lanes	足球訓練 Football training	
9/7/2026 1900-2100	1-3號線道 No.1-3 lanes	長跑訓練 Long Run Training	
11/7/2026 0800-2000	全場 All	足球比賽 Football Match	
12/7/2026 0800-2000	全場 All	足球比賽 Football Match	
13/7/2026 0630-1700	1-3號線道 No.1-3 lanes	草地保養 Turf Maintenance	

16/7/2026 1900-2100	1-3號線道 No.1-3 lanes	長跑訓練 Long Run Training	
17/7/2026 0630-1700	1-3號線道 No.1-3 lanes	草地保養 Turf Maintenance	
20/7/2026 0630-1700	1-3號線道 No.1-3 lanes	草地保養 Turf Maintenance	
23/7/2026 1900-2100	1-3號線道 No.1-3 lanes	長跑訓練 Long Run Training	
24/7/2026 0630-1700	1-3號線道 No.1-3 lanes	草地保養 Turf Maintenance	
27/7/2026 0630-1700	1-3號線道 No.1-3 lanes	草地保養 Turf Maintenance	
30/7/2026 1900-2100	1-3號線道 No.1-3 lanes	長跑訓練 Long Run Training	
31/7/2026 0630-1700	1-3號線道 No.1-3 lanes	草地保養 Turf Maintenance	