

# 香港仔運動場緩步跑開放時間 (2026年6月) Opening Hour for Jogging of Aberdeen Sports Ground in June 2026

備註 Notes:

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| <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，只開放3至6號線道給公眾人士作緩跑之用。Jogging will be confined to the lane no. 3 to 6 of the track when concurrent use with ball acti |
| <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>T</b> | 運動場同時有緩步跑及LCSD長跑班活動、田徑訓練 Concurrent use with LCSD Class & Athletic Training  |
| <b>M</b> | 場地關閉 Venue closed  |

| 日期 Date<br>時間 Time | 1<br>週一<br>Mon | 2<br>週二<br>Tue | 3<br>週三<br>Wed | 4<br>週四<br>Thu | 5<br>週五<br>Fri | 6<br>週六<br>Sat | 7<br>週日<br>Sun | 8<br>週一<br>Mon | 9<br>週二<br>Tue | 10<br>週三<br>Wed | 11<br>週四<br>Thu | 12<br>週五<br>Fri | 13<br>週六<br>Sat | 14<br>週日<br>Sun | 15<br>週一<br>Mon | 16<br>週二<br>Tue | 17<br>週三<br>Wed | 18<br>週四<br>Thu | 19<br>週五<br>Fri | 20<br>週六<br>Sat | 21<br>週日<br>Sun | 22<br>週一<br>Mon | 23<br>週二<br>Tue | 24<br>週三<br>Wed | 25<br>週四<br>Thu | 26<br>週五<br>Fri | 27<br>週六<br>Sat | 28<br>週日<br>Sun | 29<br>週一<br>Mon | 30<br>週二<br>Tue |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 06:45 - 07:00      | 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               |                 |
| 07:00 - 07:30      | 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               |
| 07:30 - 08:00      | 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               |
| 08:00 - 08:30      | 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               |
| 08:30 - 09:00      | 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               |
| 09:00 - 09:30      | 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               |
| 09:30 - 10:00      | 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               |
| 10:00 - 10:30      | 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               |
| 10:30 - 11:00      | 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               |
| 11:00 - 11:30      | 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               |
| 11:30 - 12:00      | 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               |
| 12:00 - 12:30      | 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               |
| 12:30 - 13:00      | 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               |
| 13:00 - 13:30      | 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               |
| 13:30 - 14:00      | 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               |
| 14:00 - 14:30      | 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               |
| 14:30 - 15:00      | 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               |
| 15:00 - 15:30      | 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               |
| 15:30 - 16:00      | 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               |
| 16:00 - 16:30      | 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               |
| 16:30 - 17:00      | 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               |
| 17:00 - 17:30      | 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               |
| 17:30 - 18:00      | 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               |
| 18:00 - 18:30      | A              | A              | A              | B              | A              | A              | A              | A              | A              | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | A               |
| 18:30 - 19:00      | A              | A              | A              | B              | A              | A              | A              | A              | A              | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | A               |
| 19:00 - 19:30      | A              | A              | A              | B              | A              | A              | A              | A              | A              | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | A               |
| 19:30 - 20:00      | A              | A              | A              | B              | A              | A              | A              | A              | A              | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | A               |
| 20:00 - 20:30      | A              | A              | A              | B              | A              | A              | A              | A              | A              | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | A               |
| 20:30 - 21:00      | A              | A              | A              | B              | A              | A              | A              | A              | A              | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | B               | A               | 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               |
| 22:00 - 22:30      | 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               |

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 21.5.2026

最新更新日期 Date of latest update 21.5.2026

### 暫停開放的詳情 Details of the Temporary Closure

| 暫停開放時期及時間<br>Date & Time of Temporary Closure | 設施 Facilities | 原因 Reason            | 備註 Remarks     |
|---|---------------|----------------------|----------------|
| 2026/06/04 18:00-21:00                        | 全場 All        | 運動會<br>Athletic Meet | 中國香港田徑總會 HKAAA |
| 2026/06/11 18:00-21:00                        | 全場 All        | 運動會<br>Athletic Meet | 中國香港田徑總會 HKAAA |
| 2026/06/18 18:00-21:00                        | 全場 All        | 運動會<br>Athletic Meet | 中國香港田徑總會 HKAAA |
| 2026/06/25 18:00-21:00                        | 全場 All        | 運動會<br>Athletic Meet | 中國香港田徑總會 HKAAA |