

深水埗運動場緩步跑開放時間(2026年4月) Opening Hour for Jogging of Sham Shui Po Sports Ground in April 2026

備註 Notes:

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| 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，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. |
| B | 團體預訂(運動會/田徑訓練/其他活動)，場地暫停開放。 Sports Ground is temporarily 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 | |
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| 06:30 - 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 | 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 | 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 | A |
| 08:00 - 08:30 | B | A | A | A | A | A | A | B | B | B | A | A | A | B | B | B | B | A | A | A | B | B | B | B | A | A | A | B | B | B | |
| 08:30 - 09:00 | B | A | A | A | A | A | A | B | B | B | A | A | A | B | B | B | B | A | A | A | B | B | B | B | A | A | A | B | B | B | |
| 09:00 - 09:30 | B | A | A | A | A | M | A | B | B | B | A | A | M | B | B | B | B | A | A | M | B | B | B | B | A | A | M | B | B | B | |
| 09:30 - 10:00 | B | A | A | A | L | M | A | B | B | B | A | A | M | B | B | B | B | A | A | M | B | B | B | B | A | A | M | B | B | B | |
| 10:00 - 10:30 | B | A | A | A | L | M | A | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 10:30 - 11:00 | B | A | A | A | L | M | A | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 11:00 - 11:30 | B | A | A | A | A | M | A | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 11:30 - 12:00 | B | A | A | A | A | M | A | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 12:00 - 12:30 | B | A | A | A | A | M | A | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 12:30 - 13:00 | B | A | A | A | A | M | A | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 13:00 - 13:30 | B | A | A | A | A | M | A | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 13:30 - 14:00 | B | A | A | A | A | M | A | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 14:00 - 14:30 | B | A | A | A | A | M | A | A | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 14:30 - 15:00 | B | A | A | A | A | M | A | A | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 15:00 - 15:30 | B | A | A | A | L | M | A | A | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 15:30 - 16:00 | B | A | A | A | L | M | A | A | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 16:00 - 16:30 | B | A | A | A | L | M | A | A | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 16:30 - 17:00 | B | A | A | A | A | M | A | A | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | B | A | B | M | B | B | B | |
| 17:00 - 17:30 | B | A | A | A | A | A | A | A | B | B | A | B | A | B | B | B | B | A | B | A | B | B | B | B | A | B | A | B | B | B | |
| 17:30 - 18:00 | B | A | A | A | A | A | A | A | B | B | A | B | A | B | B | B | B | A | B | A | B | B | B | B | A | B | A | B | B | B | |
| 18:00 - 18:30 | B | A | A | A | A | A | A | B | A | B | A | B | A | L | B | A | B | A | B | A | L | B | A | B | A | B | A | L | B | L | |
| 18:30 - 19:00 | B | A | A | A | A | A | A | B | A | B | A | B | A | L | B | A | B | A | B | A | L | B | A | B | A | B | A | L | B | L | |
| 19:00 - 19:30 | B | A | A | A | A | A | A | B | A | B | A | B | A | L | B | A | B | A | B | A | L | B | A | B | A | B | A | L | B | L | |
| 19:30 - 20:00 | B | A | A | A | A | A | A | B | A | B | A | B | A | L | B | A | B | A | B | A | L | B | A | B | A | B | A | L | B | L | |
| 20:00 - 20:30 | B | A | A | A | A | A | A | B | A | B | A | A | A | L | B | A | B | A | A | A | L | B | A | B | A | A | A | L | B | L | |
| 20:30 - 21:00 | B | A | A | A | A | A | A | B | A | B | A | A | A | L | B | A | B | A | A | A | L | B | A | B | A | A | A | L | B | 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 |
| 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 | 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 directly.

發出日期 Date of issue 20.3.2026

最新更新日期 Date of latest update : 30.3.2026