

深水埗運動場緩步跑開放時間(2026年5月) Opening Hour for Jogging of Sham Shui Po Sports Ground in May 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，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 週五 Fri	2 週六 Sat	3 週日 Sun	4 週一 Mon	5 週二 Tue	6 週三 Wed	7 週四 Thu	8 週五 Fri	9 週六 Sat	10 週日 Sun	11 週一 Mon	12 週二 Tue	13 週三 Wed	14 週四 Thu	15 週五 Fri	16 週六 Sat	17 週日 Sun	18 週一 Mon	19 週二 Tue	20 週三 Wed	21 週四 Thu	22 週五 Fri	23 週六 Sat	24 週日 Sun	25 週一 Mon	26 週二 Tue	27 週三 Wed	28 週四 Thu	29 週五 Fri	30 週六 Sat	31 週日 Sun		
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	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	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	A	A
08:00 - 08:30	A	A	A	A	B	B	B	A	B	A	A	B	B	B	A	A	A	A	A	A	A	B	A	A	A	B	A	A	B	B	A	A	
08:30 - 09:00	A	A	A	A	B	B	B	A	B	A	A	B	B	B	A	A	A	A	A	A	A	B	A	A	A	B	A	A	B	B	A	A	
09:00 - 09:30	A	A	A	M	B	B	B	A	B	A	M	B	B	B	A	A	A	M	A	A	A	B	A	A	M	B	A	A	B	B	A	A	
09:30 - 10:00	L	A	A	M	B	B	B	A	B	L	M	B	B	B	A	A	A	M	A	A	A	B	A	L	M	B	A	A	B	B	L	A	
10:00 - 10:30	L	A	B	M	B	B	B	A	A	L	M	B	B	B	A	A	A	M	A	A	A	B	A	L	M	B	A	A	B	A	L	A	
10:30 - 11:00	L	A	B	M	B	B	B	A	A	L	M	B	B	B	A	A	A	M	A	A	A	B	A	L	M	B	A	A	B	A	L	A	
11:00 - 11:30	A	A	B	M	B	B	B	A	A	A	M	B	B	B	A	A	A	M	A	A	A	B	A	A	M	B	A	A	B	A	A	A	
11:30 - 12:00	A	A	B	M	B	B	B	A	A	A	M	B	B	B	A	A	A	M	A	A	A	B	A	A	M	B	A	A	B	A	A	A	
12:00 - 12:30	A	A	B	M	B	B	B	A	A	A	M	B	B	B	A	A	A	M	A	A	A	B	A	A	M	B	A	A	B	A	A	A	
12:30 - 13:00	A	A	B	M	B	B	B	A	A	A	M	B	B	B	A	A	A	M	A	A	A	B	A	A	M	B	A	A	B	A	A	A	
13:00 - 13:30	A	A	B	M	B	B	B	A	A	A	M	B	B	B	B	A	A	M	A	A	A	B	A	A	M	B	A	A	B	A	A	A	
13:30 - 14:00	A	A	B	M	B	B	B	A	A	A	M	B	B	B	B	A	A	M	A	A	A	B	A	A	M	B	A	A	B	A	A	A	
14:00 - 14:30	A	A	B	M	B	B	B	A	A	A	M	B	B	B	B	A	A	M	A	A	A	B	A	A	M	A	A	A	B	A	A	A	
14:30 - 15:00	A	A	B	M	B	B	B	A	A	A	M	B	B	B	B	A	A	M	A	A	A	B	A	L	M	A	A	A	B	A	L	A	
15:00 - 15:30	L	A	B	M	B	B	B	A	A	L	M	B	B	B	B	A	A	M	A	A	A	B	A	L	M	A	A	A	B	A	L	A	
15:30 - 16:00	L	A	B	M	B	B	B	A	A	L	M	B	B	B	B	A	A	M	A	A	A	B	A	L	M	A	A	A	B	A	L	A	
16:00 - 16:30	L	A	B	M	B	B	B	A	A	L	M	B	B	B	A	A	A	M	A	A	A	B	A	L	M	A	A	A	B	A	L	A	
16:30 - 17:00	A	A	B	M	B	B	B	A	A	A	M	B	B	B	A	A	A	M	A	A	A	B	A	A	M	A	A	A	B	A	A	A	
17:00 - 17:30	A	A	B	A	B	B	B	A	A	A	A	B	B	B	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	
17:30 - 18:00	A	A	B	A	A	B	A	B	A	A	A	A	B	A	B	A	A	A	A	A	B	A	B	A	A	A	A	A	B	A	A	A	
18:00 - 18:30	A	A	B	A	A	B	A	B	A	A	A	A	B	A	B	A	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	
18:30 - 19:00	A	A	B	A	A	B	A	B	A	A	A	A	B	A	B	A	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	
19:00 - 19:30	A	A	B	A	A	B	A	B	A	A	A	A	B	A	B	A	A	A	A	A	B	A	B	A	A	A	A	B	A	B	A	A	
19:30 - 20:00	A	A	B	A	L	B	L	B	A	A	A	L	B	L	B	A	A	A	L	B	L	B	A	A	A	L	B	L	B	A	A	A	
20:00 - 20:30	A	A	A	A	L	B	L	B	A	A	A	L	B	L	B	A	A	A	L	B	L	B	A	A	A	L	B	L	B	A	A	A	
20:30 - 21:00	A	A	A	A	L	B	L	B	A	A	A	L	B	L	B	A	A	A	L	B	L	B	A	A	A	L	B	L	B	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	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	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	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 21.4.2026

最新更新日期 Date of latest update 19.5.2026