

斧山道運動場緩步跑開放時間(2026年06月) Opening Hour for Jogging of Hammer Hill Road Sports Ground in June 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)，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 | A | A | A | A | A | B | 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 | B | 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 | B | 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 | B | A | A | A | B | A | A | A | A | A | A | B | A | A | A | A | A | A | A | B | A | A | A | A | A | A | A | A | |
| 08:30 - 09:00 | A | B | A | A | A | B | A | A | A | A | A | A | B | A | A | A | A | A | A | B | A | A | A | A | A | A | A | A | A | |
| 09:00 - 09:30 | A | B | A | A | A | B | A | A | A | A | A | A | B | A | A | A | A | A | A | B | A | A | A | A | A | A | A | A | A | |
| 09:30 - 10:00 | A | B | A | A | A | B | A | A | A | A | A | A | B | A | A | A | A | A | A | B | A | A | A | A | A | A | A | L | A | |
| 10:00 - 10:30 | A | B | A | A | A | B | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | B | L | A | |
| 10:30 - 11:00 | A | B | A | A | A | B | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | B | L | A | |
| 11:00 - 11:30 | A | B | A | A | A | B | B | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | B | A | A | |
| 11:30 - 12:00 | A | B | A | A | A | B | B | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | B | A | A | |
| 12:00 - 12:30 | A | B | A | A | A | B | B | 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 | B | A | A | A | B | B | 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 | B | B | 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 | B | B | 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 | B | B | 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 | B | B | 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 | B | B | 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 | B | B | 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 | B | A | A | B | B | A | A | B | A | A | A | A | A | A | B | A | A | A | A | A | A | A | B | A | A | A | A | |
| 16:30 - 17:00 | A | A | B | A | A | B | B | A | A | B | A | A | A | A | A | L | B | A | A | A | A | A | A | B | A | A | A | A | A | |
| 17:00 - 17:30 | A | A | B | A | A | A | B | A | A | B | A | A | A | A | A | L | B | A | A | A | A | A | A | B | A | A | A | A | A | |
| 17:30 - 18:00 | A | B | B | A | A | A | B | A | B | B | A | A | A | A | A | L | B | A | A | A | A | A | B | B | A | A | A | A | A | |
| 18:00 - 18:30 | A | B | A | A | A | A | B | A | B | A | A | A | A | A | A | A | A | A | A | A | A | A | B | A | A | A | A | A | A | |
| 18:30 - 19:00 | A | B | A | A | A | A | B | A | B | A | A | A | A | A | A | A | A | A | A | A | A | A | B | A | A | A | A | A | A | |
| 19:00 - 19:30 | A | B | A | A | A | A | B | A | B | A | A | A | A | A | A | B | A | A | A | A | A | A | B | A | A | A | A | A | A | |
| 19:30 - 20:00 | A | A | A | A | A | A | B | A | A | A | A | A | A | A | A | B | A | A | A | A | A | A | A | L | L | L | L | L | A | |
| 20:00 - 20:30 | A | A | A | A | A | A | B | A | A | A | A | A | A | A | A | B | A | A | A | A | A | A | A | L | L | L | L | L | A | |
| 20:30 - 21:00 | A | A | A | A | A | A | B | A | A | A | A | A | A | A | A | B | A | A | A | A | A | A | A | L | L | L | L | L | A | |
| 21:00 - 21:30 | A | L | A | A | A | A | B | A | L | A | A | A | A | A | A | B | A | A | A | A | A | A | L | L | L | L | L | L | A | |
| 21:30 - 22:00 | A | L | A | A | A | A | B | A | L | A | A | A | A | A | A | B | A | A | A | A | A | A | L | L | L | L | L | L | A | |
| 22:00 - 22:30 | A | L | A | A | A | A | A | A | L | A | A | A | A | A | A | A | A | A | A | A | A | A | L | L | L | L | L | L | A | |
| 22:30 - 23:00 | 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 | |

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 18.06.2026

最新更新日期 Date of latest update 18.06.2026

暫停開放的詳情 Details of the Temporary Closure

| 暫停開放時期 Date of Temporary Closure | 時間 Time | 設施 Facilities | 原因 Reason |
|-------------------------------------|----------------------------|---------------|---|
| 2/6/2026 | 08:00-13:00 17:30-19:30 | 全場 All | 學校運動會 School Sports Day 田徑訓練 Athletic Training |
| 3/6/2026 | 16:00-18:00 | 全場 All | 田徑訓練 Athletic Training |
| 6/6/2026 | 06:30-17:00 | 全場 All | 運動會 Sports Day |
| 7/6/2026 | 11:00-22:00 | 全場 All | HKFA |
| 9/6/2026 | 17:30-19:30 | 全場 All | 田徑訓練 Athletic Training |
| 10/6/2026 | 16:00-18:00 | 全場 All | 田徑訓練 Athletic Training |
| 13/6/2026 | 08:00-10:00 | 全場 All | 田徑訓練 Athletic Training |
| 16/6/2026 | 19:00-22:00 | 全場 All | HKFA Training |
| 17/6/2026 | 16:00-18:00 | 全場 All | 田徑訓練 Athletic Training |
| 20/6/2026 | 08:00-10:00 | 全場 All | 田徑訓練 Athletic Training |
| 23/6/2026 | 17:30-19:30 | 全場 All | 田徑訓練 Athletic Training |
| 24/6/2026 | 16:00-18:00 | 全場 All | 田徑訓練 Athletic Training |
| 27/6/2026 | 10:00-12:00 | 全場 All | 田徑訓練 Athletic Training |
| 30/6/2026 | 08:00-17:00 17:00-19:30 | 全場 All | 學校運動會 School Sports Day 田徑訓練 Athletic Training |