

斧山道運動場緩步跑開放時間(2026年9月) Opening Hour for Jogging of Hammer Hill Road Sports Ground in Sep 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<br>時間 Time | 1<br>週二<br>Tue | 2<br>週三<br>Wed | 3<br>週四<br>Thu | 4<br>週五<br>Fri | 5<br>週六<br>Sat | 6<br>週日<br>Sun | 7<br>週一<br>Mon | 8<br>週二<br>Tue | 9<br>週三<br>Wed | 10<br>週四<br>Thu | 11<br>週五<br>Fri | 12<br>週六<br>Sat | 13<br>週日<br>Sun | 14<br>週一<br>Mon | 15<br>週二<br>Tue | 16<br>週三<br>Wed | 17<br>週四<br>Thu | 18<br>週五<br>Fri | 19<br>週六<br>Sat | 20<br>週日<br>Sun | 21<br>週一<br>Mon | 22<br>週二<br>Tue | 23<br>週三<br>Wed | 24<br>週四<br>Thu | 25<br>週五<br>Fri | 26<br>週六<br>Sat | 27<br>週日<br>Sun | 28<br>週一<br>Mon | 29<br>週二<br>Tue | 30<br>週三<br>Wed |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 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               |
| 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              | B               | B               | B               | A               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               |
| 08:30 - 09:00      | A              | A              | A              | A              | A              | A              | A              | A              | A              | B               | B               | B               | A               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               |
| 09:00 - 09:30      | A              | A              | A              | A              | A              | A              | A              | A              | A              | B               | B               | B               | A               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 09:30 - 10:00      | A              | A              | A              | A              | A              | A              | A              | A              | A              | B               | B               | B               | A               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 10:00 - 10:30      | A              | A              | A              | A              | A              | A              | A              | A              | A              | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 10:30 - 11:00      | A              | A              | A              | A              | A              | A              | A              | A              | A              | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 11:00 - 11:30      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | B               | A               | B               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 11:30 - 12:00      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | B               | A               | B               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 12:00 - 12:30      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | B               | A               | B               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 12:30 - 13:00      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | B               | A               | B               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 13:00 - 13:30      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | B               | A               | B               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 13:30 - 14:00      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | B               | A               | B               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 14:00 - 14:30      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | B               | B               | B               | A               | B               | B               | B               | B               | A               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 14:30 - 15:00      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | B               | B               | B               | A               | B               | B               | B               | B               | B               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 15:00 - 15:30      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | B               | B               | B               | A               | B               | B               | B               | B               | B               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 15:30 - 16:00      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | B               | B               | B               | A               | B               | B               | B               | B               | B               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 16:00 - 16:30      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | B               | B               | B               | A               | B               | B               | B               | B               | B               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 16:30 - 17:00      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | B               | B               | B               | A               | B               | B               | B               | B               | B               | A               | A               | B               | B               | B               | B               | A               | B               | A               | B               | B               |
| 17:00 - 17:30      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | A               | A               | B               | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | B               | A               | B               | A               |
| 17:30 - 18:00      | B              | A              | A              | A              | A              | B              | A              | B              | A              | B               | A               | A               | B               | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | B               | A               | B               | A               |
| 18:00 - 18:30      | B              | A              | A              | A              | A              | B              | A              | B              | A              | B               | A               | A               | B               | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               |
| 18:30 - 19:00      | B              | A              | A              | A              | A              | B              | A              | B              | A              | B               | A               | A               | B               | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               |
| 19:00 - 19:30      | B              | A              | A              | A              | A              | B              | A              | B              | A              | B               | A               | A               | B               | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               | A               | A               | A               | A               | A               | B               | A               |
| 19:30 - 20:00      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | A               | A               | B               | A               | A               | L               | A               | L               | L               | L               | A               | A               | A               | A               | A               | A               | A               | A               | A               | L               |
| 20:00 - 20:30      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | A               | A               | B               | A               | A               | L               | A               | L               | L               | L               | A               | A               | A               | A               | A               | A               | A               | A               | A               | L               |
| 20:30 - 21:00      | A              | A              | A              | A              | A              | B              | A              | A              | A              | B               | A               | A               | B               | A               | A               | L               | A               | L               | L               | L               | A               | A               | A               | A               | A               | A               | A               | A               | A               | L               |
| 21:00 - 21:30      | L              | A              | A              | A              | A              | A              | A              | L              | A              | B               | A               | A               | A               | A               | L               | L               | L               | L               | L               | L               | A               | L               | A               | A               | A               | A               | A               | A               | L               | L               |
| 21:30 - 22:00      | L              | A              | A              | A              | A              | A              | A              | L              | A              | B               | A               | A               | A               | A               | L               | L               | L               | L               | L               | L               | A               | L               | A               | A               | A               | A               | A               | A               | L               | L               |
| 22:00 - 22:30      | L              | A              | A              | A              | A              | A              | A              | L              | A              | A               | A               | A               | A               | A               | L               | L               | L               | L               | L               | L               | A               | L               | A               | A               | A               | A               | A               | A               | L               | L               |
| 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               | 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 24.8.2026

最新更新日期 Date of latest update 24.8.2026

暫停開放的詳情 Details of the Temporary Closure

| 暫停開放時期<br>Date of Temporary Closure | 時間 Time                    | 設施 Facilities | 原因 Reason                                                    |
|-------------------------------------|----------------------------|---------------|--------------------------------------------------------------|
| 1/9/2026                            | 17:30-19:30                | 全場 All        | 田徑訓練 Athletic Training                                       |
| 6/9/2026                            | 11:00-21:00                | 全場 All        | 中國香港足球總會有限公司<br>The Football Association of Hong Kong, China |
| 8/9/2026                            | 17:30-19:30                | 全場 All        | 田徑訓練 Athletic Training                                       |
| 10/9/2026                           | 08:00-17:00<br>18:00-22:00 | 全場 All        | 學校運動會 School Sports Day<br>HKFA裁判體測                          |
| 11/9/2026                           | 08:00-17:00                | 全場 All        | 學校運動會 School Sports Day                                      |
| 12/9/2026                           | 08:00-10:00<br>14:00-17:00 | 全場 All        | 田徑訓練 Athletic Training<br>田徑訓練 Athletic Training             |
| 13/9/2026                           | 11:00-21:00                | 全場 All        | 中國香港足球總會有限公司<br>The Football Association of Hong Kong, China |
| 15/9/2026                           | 08:00-17:00<br>17:00-19:30 | 全場 All        | 學校運動會 School Sports Day<br>田徑訓練 Athletic Training            |
| 16-18/9/2026                        | 08:00-17:00                | 全場 All        | 學校運動會 School Sports Day                                      |
| 19/9/2026                           | 14:00-17:00                | 全場 All        | 田徑訓練 Athletic Training                                       |
| 22/9/2026                           | 08:00-17:00<br>17:00-19:30 | 全場 All        | 學校運動會 School Sports Day<br>田徑訓練 Athletic Training            |
| 23-25/9/2026                        | 08:00-17:00                | 全場 All        | 學校運動會 School Sports Day                                      |
| 27/9/2026                           | 09:00-18:00                | 全場 All        | 中國香港足球總會有限公司<br>The Football Association of Hong Kong, China |
| 29/9/2026                           | 08:00-17:00<br>17:00-19:30 | 全場 All        | 學校運動會 School Sports Day<br>田徑訓練 Athletic Training            |
| 30/9/2026                           | 08:00-17:00                | 全場 All        | 學校運動會 School Sports Day                                      |