

## 大埔運動場運動場緩步跑開放時間(2026年3月) Opening Hour for Jogging of Tai Po Sports Ground in March 2026

|           |   |
|-----------|---|
| 備註 Notes: | <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，運動場只會開放跑道最外圍的(開放線道數目)條線道給公眾人士作緩跑之用。 Jogging will be confined to the (No. of lanes to be open) outer lanes of the track when the infield is being used for ball games. |
|           | <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>M</b> 場地關閉 Venue closed  |

| 日期 Date<br>時間 Time | 1<br>週日<br>Sun | 2<br>週一<br>Mon | 3<br>週二<br>Tue | 4<br>週三<br>Wed | 5<br>週四<br>Thu | 6<br>週五<br>Fri | 7<br>週六<br>Sat | 8<br>週日<br>Sun | 9<br>週一<br>Mon | 10<br>週二<br>Tue | 11<br>週三<br>Wed | 12<br>週四<br>Thu | 13<br>週五<br>Fri | 14<br>週六<br>Sat | 15<br>週日<br>Sun | 16<br>週一<br>Mon | 17<br>週二<br>Tue | 18<br>週三<br>Wed | 19<br>週四<br>Thu | 20<br>週五<br>Fri | 21<br>週六<br>Sat | 22<br>週日<br>Sun | 23<br>週一<br>Mon | 24<br>週二<br>Tue | 25<br>週三<br>Wed | 26<br>週四<br>Thu | 27<br>週五<br>Fri | 28<br>週六<br>Sat | 29<br>週日<br>Sun | 30<br>週一<br>Mon | 31<br>週二<br>Tue |   |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|---|
| 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               | A |
| 08:00 - 08:30      | A              | A              | B              | B              | B              | A              | A              | A              | A              | B               | B               | B               | B               | A               | A               | A               | L               | B               | B               | L               | A               | A               | A               | B               | B               | A               | B               | A               | A               | A               | A               | L |
| 08:30 - 09:00      | A              | A              | B              | B              | B              | A              | A              | A              | A              | B               | B               | B               | B               | A               | A               | A               | L               | B               | B               | L               | A               | A               | A               | B               | B               | A               | B               | A               | A               | A               | A               | L |
| 09:00 - 09:30      | A              | A              | B              | B              | B              | A              | A              | A              | A              | B               | B               | B               | B               | A               | A               | A               | L               | B               | B               | L               | A               | A               | A               | B               | B               | A               | B               | A               | A               | A               | A               | L |
| 09:30 - 10:00      | A              | A              | B              | B              | B              | L              | A              | A              | A              | B               | B               | B               | B               | A               | A               | A               | A               | B               | B               | A               | A               | A               | A               | B               | B               | L               | B               | A               | A               | A               | A               | L |
| 10:00 - 10:30      | A              | A              | B              | B              | B              | L              | A              | A              | A              | B               | B               | B               | B               | A               | A               | A               | A               | B               | B               | A               | A               | A               | A               | B               | B               | L               | B               | A               | A               | A               | A               | L |
| 10:30 - 11:00      | A              | A              | B              | B              | B              | L              | A              | A              | A              | B               | B               | B               | B               | A               | A               | A               | A               | B               | B               | A               | A               | A               | A               | B               | B               | L               | B               | A               | A               | A               | A               | L |
| 11:00 - 11:30      | A              | A              | B              | B              | B              | A              | A              | A              | A              | B               | B               | B               | B               | A               | B               | A               | A               | B               | B               | A               | A               | A               | A               | B               | B               | A               | B               | A               | A               | A               | A               | A |
| 11:30 - 12:00      | A              | A              | B              | B              | B              | A              | A              | A              | A              | B               | B               | B               | B               | A               | B               | A               | A               | B               | B               | A               | A               | A               | A               | B               | B               | A               | B               | A               | A               | A               | A               | A |
| 12:00 - 12:30      | A              | M              | B              | B              | B              | A              | A              | A              | M              | B               | B               | B               | B               | A               | B               | M               | A               | B               | B               | A               | A               | A               | M               | B               | B               | A               | B               | A               | A               | M               | A               | A |
| 12:30 - 13:00      | A              | M              | B              | B              | B              | A              | A              | A              | M              | B               | B               | B               | B               | A               | B               | M               | A               | B               | B               | A               | A               | A               | M               | B               | B               | A               | B               | A               | A               | M               | A               | A |
| 13:00 - 13:30      | A              | M              | B              | B              | B              | A              | A              | A              | M              | B               | B               | B               | B               | A               | B               | M               | A               | B               | B               | A               | A               | A               | M               | B               | B               | A               | B               | A               | A               | M               | A               | A |
| 13:30 - 14:00      | A              | M              | B              | B              | B              | A              | A              | A              | M              | B               | B               | B               | B               | A               | B               | M               | A               | B               | B               | A               | A               | A               | M               | B               | B               | A               | B               | A               | A               | M               | A               | A |
| 14:00 - 14:30      | A              | M              | B              | B              | B              | A              | A              | A              | M              | B               | B               | B               | B               | A               | B               | M               | A               | B               | B               | A               | A               | A               | M               | B               | B               | A               | A               | A               | A               | M               | A               | A |
| 14:30 - 15:00      | A              | M              | B              | B              | B              | A              | A              | A              | M              | B               | B               | B               | B               | A               | B               | M               | A               | B               | B               | A               | A               | A               | M               | B               | B               | A               | A               | A               | A               | M               | A               | A |
| 15:00 - 15:30      | A              | A              | B              | B              | B              | A              | A              | A              | A              | B               | B               | B               | B               | A               | B               | A               | A               | B               | B               | A               | A               | A               | A               | B               | B               | A               | A               | A               | A               | A               | A               | A |
| 15:30 - 16:00      | A              | A              | B              | B              | B              | A              | A              | A              | A              | B               | B               | B               | B               | A               | B               | A               | A               | B               | B               | A               | A               | A               | A               | B               | B               | A               | A               | A               | A               | A               | A               | A |
| 16:00 - 16:30      | A              | A              | B              | B              | B              | A              | A              | A              | A              | B               | B               | B               | B               | A               | B               | A               | A               | B               | B               | A               | A               | A               | A               | B               | B               | A               | A               | A               | A               | A               | A               | A |
| 16:30 - 17:00      | A              | A              | B              | B              | B              | A              | A              | A              | A              | B               | B               | B               | B               | A               | B               | A               | A               | B               | B               | A               | A               | A               | A               | B               | B               | A               | A               | A               | A               | A               | A               | A |
| 17:00 - 17:30      | A              | A              | B              | B              | B              | A              | A              | A              | A              | B               | B               | B               | B               | A               | B               | A               | A               | B               | B               | A               | A               | A               | A               | B               | B               | A               | A               | A               | A               | A               | A               | A |
| 17:30 - 18:00      | A              | A              | B              | B              | B              | A              | A              | A              | A              | B               | B               | B               | B               | A               | B               | A               | A               | B               | B               | A               | A               | A               | A               | B               | B               | A               | A               | A               | A               | A               | A               | A |
| 18:00 - 18:30      | A              | A              | A              | A              | L              | A              | A              | A              | A              | A               | A               | L               | A               | A               | A               | A               | A               | L               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A |
| 18:30 - 19:00      | A              | A              | A              | A              | L              | A              | A              | A              | A              | A               | A               | L               | A               | A               | B               | A               | A               | A               | L               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A |
| 19:00 - 19:30      | A              | A              | A              | A              | L              | A              | A              | A              | A              | A               | A               | L               | A               | A               | B               | A               | A               | A               | L               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A |
| 19:30 - 20:00      | L              | A              | A              | L              | L              | L              | A              | A              | A              | A               | A               | A               | A               | A               | B               | A               | A               | L               | L               | L               | A               | A               | A               | A               | L               | L               | A               | L               | L               | A               | A               |   |
| 20:00 - 20:30      | L              | A              | A              | L              | L              | L              | A              | A              | A              | A               | A               | A               | A               | A               | B               | A               | A               | L               | L               | L               | A               | A               | A               | A               | L               | L               | A               | L               | L               | A               | A               |   |
| 20:30 - 21:00      | L              | A              | A              | L              | L              | L              | A              | A              | A              | A               | A               | A               | A               | A               | B               | A               | A               | L               | L               | L               | A               | A               | A               | A               | L               | L               | A               | L               | L               | 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 |
| 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 |
| 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 |

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 15.2.2026

最新更新日期 Date of latest update 15.2.2026

## 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        |
|---|---------------|-----------|-------------------|
| 3/3/2026 8:00 - 18:00                         | 全場 All        | 運動會       | 主辦機構： 墨爾文國際學校（小學） |
| 4,5/3/2026 8:00 - 18:00                       | 全場 All        | 運動會       | 主辦機構： 大光德萃書院      |
| 10/3/2026 8:00 - 18:00                        | 全場 All        | 運動會       | 主辦機構： 佛教大光慈航中學    |
| 11,12/3/2026 8:00 - 18:00                     | 全場 All        | 運動會       | 主辦機構： 南亞路德會沐恩中學   |
| 13/3/2026 08:00 - 18:00                       | 全場 All        | 運動會       | 主辦機構： 佛教大光慈航中學    |
| 15/3/2026 11:00 - 21:00                       | 全場 All        | 足總比賽      | 主辦機構： 中國香港足球總會    |
| 18,19/3/2026 8:00 - 18:00                     | 全場 All        | 運動會       | 主辦機構： 王肇枝中學       |
| 24,25/3/2026 8:00 - 18:00                     | 全場 All        | 運動會       | 主辦機構： 聖公會莫壽增會督中學  |
| 27/3/2026 08:00 - 14:00                       | 全場 All        | 運動會       | 主辦機構： 大埔禮賢會幼稚園    |
|   |               |           |                   |
|   |               |           |                   |