

將軍澳運動場主場緩步跑開放時間(2024年7月) Opening Hour for Jogging of Tseung Kwan O Sports Ground Main Field in July 2024

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(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	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	31 週三 Wed
06:30 - 07:00	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	M	M	A	A	A	A	M	M	A	A	
07:00 - 07:30	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
07:30 - 08:00	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
08:00 - 08:30	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
08:30 - 09:00	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
09:00 - 09:30	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
09:30 - 10:00	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
10:00 - 10:30	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
10:30 - 11:00	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
11:00 - 11:30	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
11:30 - 12:00	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
12:00 - 12:30	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
12:30 - 13:00	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
13:00 - 13:30	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
13:30 - 14:00	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
14:00 - 14:30	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
14:30 - 15:00	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
15:00 - 15:30	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
15:30 - 16:00	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
16:00 - 16:30	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
16:30 - 17:00	M	M	A	A	A	A	A	M	A	A	A	A	A	A	M	M	A	A	A	A	B	M	A	A	A	A	A	B	M	A	A
17:00 - 17:30	B	M	A	A	A	A	A	B	A	A	A	A	A	A	B	M	A	A	A	A	B	B	A	A	A	A	A	B	B	A	A
17:30 - 18:00	B	M	A	A	A	A	A	B	A	A	A	A	A	A	B	M	A	A	A	A	B	B	A	A	A	A	A	B	B	A	A
18:00 - 18:30	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	A	A	A	A	A	B	B	A	A
18:30 - 19:00	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	A	A	A	A	A	B	B	A	A
19:00 - 19:30	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	A	A	A	A	A	B	B	A	A
19:30 - 20:00	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	A	A	A	A	A	B	B	A	A
20:00 - 20:30	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	A	A	A	A	A	B	B	A	A
20:30 - 21:00	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	A	A	A	A	A	B	B	A	A
21:00 - 21:30	B	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	A	B	B	A	A	A	A	A	B	B	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 direct.

發出日期 Date of issue 22.6.2024

最新更新日期 Date of latest update 22.6.2024

將軍澳運動場副場緩步跑開放時間(2024年7月) Opening Hour for Jogging of Tseung Kwan O Sports Ground Secondary Field in July 2024

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(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.
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06:30 - 07:00	A	A	M	M	M	M	M	A	M	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M	M	M	A	A	M	M	
07:00 - 07:30	A	A	M	M	M	M	M	A	M	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M
07:30 - 08:00	A	A	M	M	M	M	M	A	M	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M
08:00 - 08:30	A	A	M	M	M	M	M	A	M	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M
08:30 - 09:00	A	A	M	M	M	M	M	A	M	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M
09:00 - 09:30	A	A	M	M	M	M	M	A	M	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M
09:30 - 10:00	A	A	M	M	M	M	M	A	M	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M
10:00 - 10:30	A	A	M	M	M	M	M	A	M	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M
10:30 - 11:00	A	A	M	M	M	M	M	A	M	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M
11:00 - 11:30	A	A	M	M	M	M	L	A	M	M	M	M	M	L	A	A	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M
11:30 - 12:00	A	A	M	M	M	M	L	A	M	M	M	M	M	L	A	A	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M
12:00 - 12:30	A	A	M	M	M	M	L	A	M	M	M	M	M	L	A	A	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M
12:30 - 13:00	A	A	M	M	M	M	M	A	M	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M	M	M	M	A	A	M	M
13:00 - 13:30	A	A	M	M	M	B	M	A	M	M	M	M	B	M	A	A	M	M	M	B	A	A	M	M	M	M	B	A	A	M	M	
13:30 - 14:00	A	A	M	M	M	B	M	A	M	M	M	M	B	M	A	A	M	M	M	B	A	A	M	M	M	M	B	A	A	M	M	
14:00 - 14:30	A	A	M	M	M	B	M	A	M	M	M	M	B	M	A	A	M	M	M	B	A	A	M	M	M	M	B	A	A	M	M	
14:30 - 15:00	A	A	M	M	M	B	M	A	M	M	M	M	B	M	A	A	M	M	M	B	A	A	M	M	M	M	B	A	A	M	M	
15:00 - 15:30	A	A	M	M	M	B	M	A	M	M	M	M	B	M	A	A	M	M	M	B	A	A	M	M	M	M	B	A	A	M	M	
15:30 - 16:00	A	A	M	M	M	B	M	A	M	M	M	M	B	M	A	A	M	M	M	B	A	A	M	M	M	M	B	A	A	M	M	
16:00 - 16:30	A	A	B	M	B	B	M	A	M	B	M	B	B	M	A	A	B	M	B	B	B	A	A	M	B	B	B	B	A	A	M	B
16:30 - 17:00	A	A	B	B	B	B	L	A	M	B	B	B	B	L	A	A	B	B	B	B	B	A	A	M	B	B	B	B	A	A	M	B
17:00 - 17:30	A	A	B	B	B	B	L	A	M	B	B	B	B	L	A	A	B	B	B	B	B	A	A	M	B	B	B	B	A	A	M	B
17:30 - 18:00	A	A	B	B	B	B	L	A	M	B	B	B	B	L	A	A	B	B	B	B	B	A	A	M	B	B	B	B	A	A	M	B
18:00 - 18:30	A	B	B	B	B	B	M	A	B	B	B	B	B	M	A	B	B	B	B	B	B	A	A	B	B	B	B	B	A	A	B	B
18:30 - 19:00	A	B	B	B	B	B	M	A	B	B	B	B	B	M	A	B	B	B	B	B	B	A	A	B	B	B	B	B	A	A	B	B
19:00 - 19:30	A	B	B	B	B	B	M	A	B	B	B	B	B	M	A	B	B	B	B	B	B	M	A	B	B	B	B	M	A	A	B	B
19:30 - 20:00	A	B	B	B	B	B	M	A	B	B	B	B	B	M	A	B	B	B	B	B	M	A	B	B	B	B	B	M	A	A	B	B
20:00 - 20:30	A	B	B	B	B	B	M	A	B	B	B	B	B	M	A	B	B	B	B	B	M	A	B	B	B	B	B	M	A	A	B	B
20:30 - 21:00	A	M	B	B	B	B	M	A	M	B	B	B	B	M	A	M	B	B	B	B	M	A	M	B	B	B	B	M	A	M	B	B
21:00 - 21:30	A	M	B	B	B	B	M	A	M	B	B	B	B	M	A	M	B	B	B	B	M	A	M	B	B	B	B	M	A	M	B	B
21:30 - 22:00	M	M	M	B	M	M	M	M	M	M	B	M	M	M	M	M	M	B	M	M	M	M	M	M	M	B	M	M	M	M	M	M
22:00 - 22:30	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M

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發出日期 Date of issue 22.6.2024

最新更新日期 Date of latest update 22.6.2024

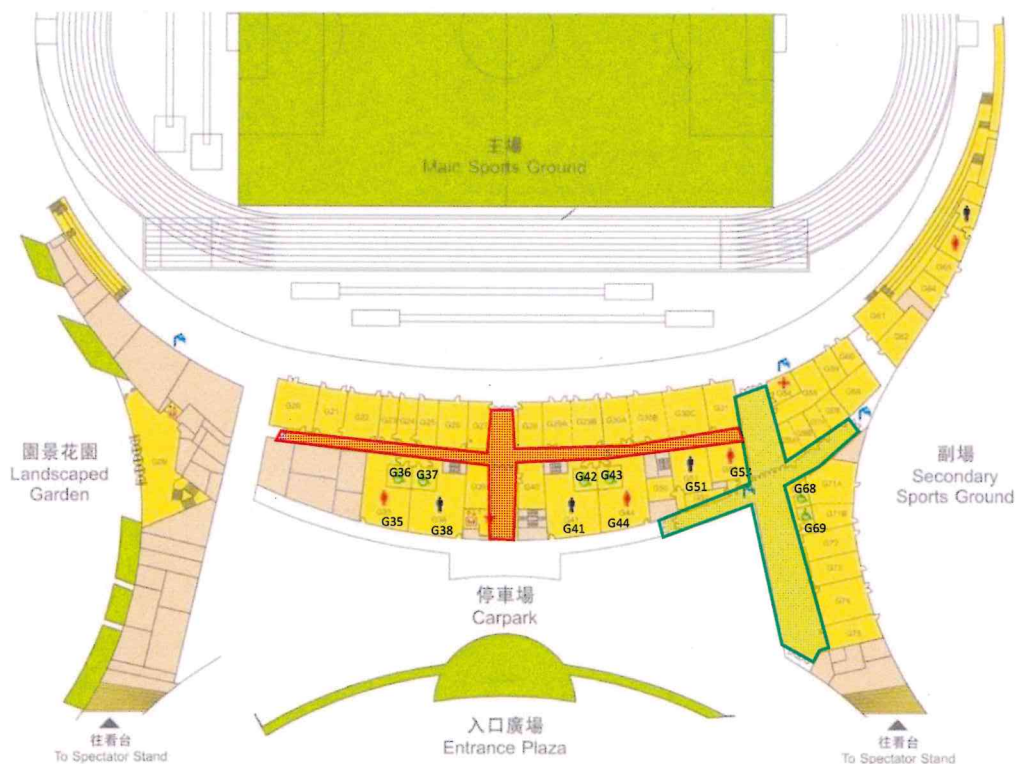
暫停開放的詳情 Details of the Temporary Closure

暫停開放時期及時間 Date & Time of Temporary Closure	設施 Facilities	原因 Reason	備註 Remarks
2024/07/01,8,15,22,29 06:30 - 21:30	主場 Main Field	場地保養及田徑訓練 Venue Maintenance Day & Athletic Training	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2024/07/02,16 06:30 - 18:00	主場 Main Field	場地保養 Venue Maintenance Day	
2024/07/21,28 06:30-19:00	主場 Main Field	暫停使用 及 2024年一級田徑裁判班 Closed & 2024 For Level 1 Technical Official Course	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2024/07/01,08,15,22,29 21:30 - 22:30	副場 Secondary Field	暫停使用 Closed	
2024/07/02,16 18:00 - 22:30	副場 Secondary Field	田徑訓練及暫停使用 Athletic Training & Closed	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2024/07/3,5,9,10,12,17,19,23,24,26,30,31 06:30- 22:30	副場 Secondary Field	田徑訓練及暫停使用 Athletic Training & Closed	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2024/07/04,6,11,13,18,20,25,27 06:30-22:30	副場 Secondary Field	田徑訓練及暫停使用 Athletic Training & Closed	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited 主辦機構: 西貢區體育會 Organiser: Sai Kung District Sports Association
2024/07/07,14 06:30 - 22:30	副場 Secondary Field	足球場次及暫停使用 Soccer Session & Closed	
2024/07/21,28 19:00-22:30	副場 Secondary Field	暫停使用 Closed	

公告

將軍澳運動場將於二零二四年五月六日至二零二五年三月十一日進行翻新工程，其間部分場地通道及設施將分階段暫停使用，詳情如下：

設施	暫停使用期間
G35 及 G44 女更衣室及洗手間	首階段 二零二四年五月六日 至九月中旬
G38 及 G41 男更衣室及洗手間	
G36、G37、G42 及 G43 暢通易達洗手間	
G53 女更衣室及洗手間	次階段 二零二四年九月十六日 至二零二五年三月中旬
G51 男更衣室及洗手間	
G68 及 G69 暢通易達洗手間	



■ 首階段(紅色部分) ■ 次階段(綠色部分)

不便之處，敬請原諒。如有查詢，請致電 2177 1255 與場地職員聯絡。



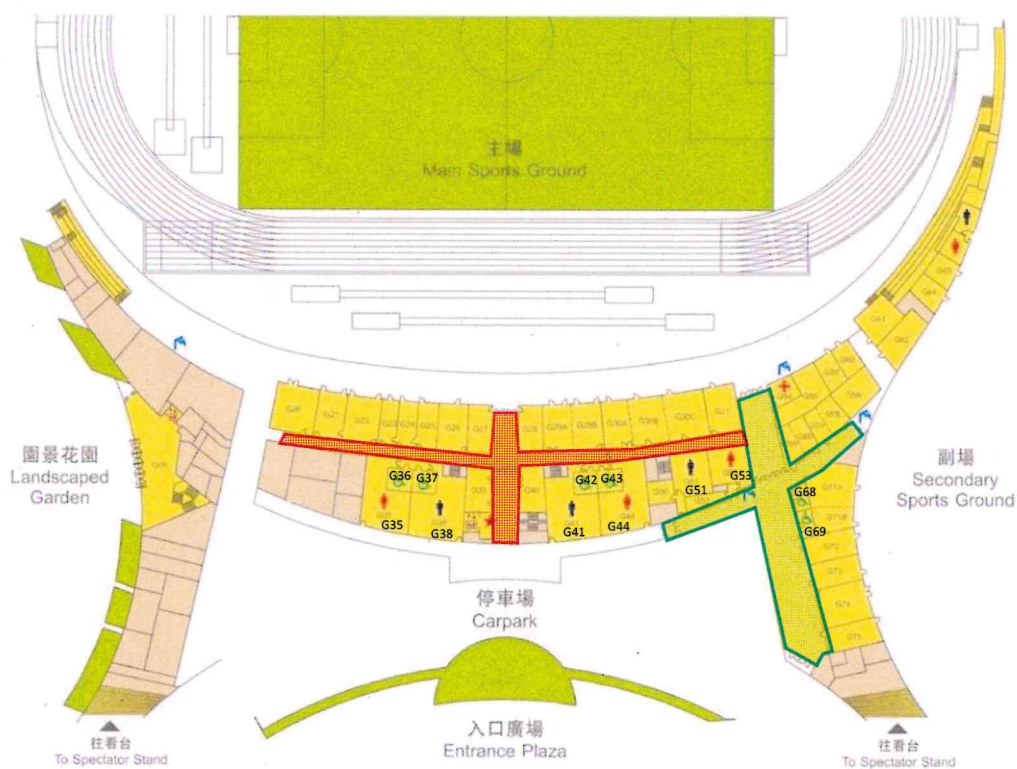
康樂及文化事務署

二零二四年四月二十六日

Notice

The refurbishment of Tseung Kwan O Sports Ground will be conducted from 6 May 2024 to 11 March 2025, during which some of the passages and facilities therein will be temporarily closed in phases. The details are as follows:

Facility	Temporary Closure Period
G35 and G44 Ladies' changing rooms and toilets	First phase: From 6 May to mid-September 2024
G38 and G41 Men's changing rooms and toilets	
G36, G37, G42 and G43 accessible toilets	
G53 Ladies' changing room and toilet	Second phase: From 16 September 2024 to mid-March 2025
G51 Men's changing room and toilet	
G68 and G69 accessible toilets	



■ First phase (Marked in red)

■ Second phase (Marked in Green)

We apologise for any inconvenience this may cause. For enquiries, please contact the venue staff on 2177 1255.



Leisure and Cultural Services Department

26 April 2024