

將軍澳運動場主場緩步跑開放時間(2025年1月) Opening Hour for Jogging of Tseung Kwan O Sports Ground Main Field in January 2025

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 週三 Wed	2 週四 Thu	3 週五 Fri	4 週六 Sat	5 週日 Sun	6 週一 Mon	7 週二 Tue	8 週三 Wed	9 週四 Thu	10 週五 Fri	11 週六 Sat	12 週日 Sun	13 週一 Mon	14 週二 Tue	15 週三 Wed	16 週四 Thu	17 週五 Fri	18 週六 Sat	19 週日 Sun	20 週一 Mon	21 週二 Tue	22 週三 Wed	23 週四 Thu	24 週五 Fri	25 週六 Sat	26 週日 Sun	27 週一 Mon	28 週二 Tue	29 週三 Sun2	30 週四 Mon3	31 週五 Tue
06:30 - 07:00	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
07:00 - 07:30	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
07:30 - 08:00	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
08:00 - 08:30	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
08:30 - 09:00	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
09:00 - 09:30	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
09:30 - 10:00	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
10:00 - 10:30	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
10:30 - 11:00	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
11:00 - 11:30	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
11:30 - 12:00	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
12:00 - 12:30	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
12:30 - 13:00	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
13:00 - 13:30	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
13:30 - 14:00	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
14:00 - 14:30	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
14:30 - 15:00	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
15:00 - 15:30	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
15:30 - 16:00	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
16:00 - 16:30	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
16:30 - 17:00	A	A	A	A	A	M	M	B	B	B	A	B	M	B	B	B	B	B	B	M	M	B	B	B	B	B	M	A	M	M	M
17:00 - 17:30	A	A	A	A	A	B	A	B	B	B	A	B	B	B	B	B	B	B	B	B	A	B	B	B	B	B	B	A	M	M	M
17:30 - 18:00	A	A	A	A	A	B	A	B	B	B	A	B	B	B	B	B	B	B	B	B	A	B	B	B	B	B	B	A	M	M	M
18:00 - 18:30	A	A	A	A	A	B	A	B	A	A	A	B	B	A	A	A	A	B	B	B	A	A	A	A	B	B	B	A	M	M	M
18:30 - 19:00	A	A	A	A	A	B	A	B	A	A	A	B	B	A	A	A	A	B	B	B	A	A	A	A	B	B	B	A	M	M	M
19:00 - 19:30	A	A	A	A	A	B	A	A	A	A	A	B	B	A	A	A	A	B	B	B	A	A	A	A	B	B	B	A	M	M	M
19:30 - 20:00	A	A	A	A	A	B	A	A	A	A	A	B	B	A	A	A	A	B	B	B	A	A	A	A	B	B	B	A	M	M	M
20:00 - 20:30	A	A	A	A	A	B	A	A	A	A	A	B	B	A	A	A	A	B	B	B	A	A	A	A	B	B	B	A	M	M	M
20:30 - 21:00	A	A	A	A	A	B	A	A	A	A	A	B	B	A	A	A	A	B	B	B	A	A	A	A	B	B	B	A	M	M	M
21:00 - 21:30	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	A	B	B	B	A	A	A	A	B	A	B	A	M	M	M
21:30 - 22:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	M	M	M
22:00 - 22:30	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	A	M	M	M

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 31.12.2024

最新更新日期 Date of latest update 31.12.2024

將軍澳運動場副場緩步跑開放時間(2025年1月) Opening Hour for Jogging of Tseung Kwan O Sports Ground Secondary Field in January 2025

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

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 31.12.2024

最新更新日期 Date of latest update 31.12.2024

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
2025/01/06,13,20,27 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
2025/01/08 06:30-19:00	主場 Main Field	運動會 Athletic Meet	主辦機構: 中國香港學界體育聯會 Organiser: The School Sports Federation Of Hong Kong, China
2025/01/09 06:30-18:00	主場 Main Field	運動會 Athletic Meet	主辦機構: 佛教志蓮小學 Organiser: Chi Lin Buddhist Primary School
2025/01/10,16 06:30 - 18:00	主場 Main Field	運動會 Athletic Meet	主辦機構: 保良局羅志基金中學 Organiser: PLK Laws Foundation College
2025/01/12,26 06:30 - 21:30	主場 Main Field	足球活動 Football Activity	主辦機構: 康樂及文化事務署 Organiser: LCSD
2025/01/14 06:30 - 18:00	主場 Main Field	運動會 Athletic Meet	主辦機構: 仁愛堂田家炳小學 Organiser: Y.O.T. Tin Ka Ping Primary School
2025/01/15 06:30-18:00	主場 Main Field	運動會 Athletic Meet	主辦機構: 天主教聖安德肋小學 Organiser: St. Andrew's Catholic Primary School
2025/01/17 06:30-17:00	主場 Main Field	運動會 Athletic Meet	主辦機構: 樂善堂劉德學校 Organiser: Lok Sin Tong Lau Tak Primary School
2025/01/18,19 06:30 - 22:30	主場 Main Field	運動會 Athletic Meet	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2025/01/22,23 06:30-18:00	主場 Main Field	運動會 Athletic Meet	主辦機構: 香港道教聯合會圓玄學院第三中學 Organiser: HKTA The Yuen Yuen Institute No.3 Secondary School
2025/01/24 06:30-18:00	主場 Main Field	運動會 Athletic Meet	主辦機構: 將軍澳循道衛理小學 Organiser: Tseung Kwan O Methodist Primary School
2025/01/25 06:30-21:00	主場 Main Field	足球比賽 Football Match	主辦機構: 中國香港足球總會 Organiser: The Football Association of Hong Kong, China Limited
2025/01/29,30,31 06:30 - 22:30	主場 Main Field	暫停使用 Closed	-
2025/01/07,21 06:30 - 17:00	主場 Main Field	場地保養 Venue Maintenance Day	-
2025/01/02 06:30 - 22:30	副場 Secondary Field	田徑訓練及暫停使用 Athletic Training and Closed	主辦機構: 拔萃女小學 Organiser: Diocesan Girls' Junior School 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
2025/01/03,10,17,24 06:30 - 22:30	副場 Secondary Field	田徑訓練及暫停使用 Athletic Training and Closed	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2025/01/01,04,11 06:30 - 22:30	副場 Secondary Field	田徑訓練及暫停使用 Athletic Training and 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
2025/01/05,28,29,30,31 06:30 - 22:30	副場 Secondary Field	暫停使用 Closed	-
2025/01/07,14,21 18:00 - 20:00	副場 Secondary Field	田徑訓練及暫停使用 Athletic Training and Closed	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2025/01/08 18:30 - 22:30	副場 Secondary Field	田徑訓練及暫停使用 Athletic Training and Closed	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited
2025/01/09,16,23 17:00 - 22:30	副場 Secondary Field	田徑訓練及暫停使用 Athletic Training and 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
2025/01/18,19 06:30 - 22:30	副場 Secondary Field	運動會及暫停使用 Athletic Meet and Closed	主辦機構: 中國香港田徑總會 Organiser: Hong Kong, China Association of Athletic Affiliates Limited

公告

將軍澳運動場主場將於二零二四年十二月三十日至二零二五年一月七日進行跑道維修工程。施工期間，部份跑道暫停開放。不便之處，敬請原諒。

如有查詢，請致電 2177 1255 與場地主管聯絡。



康樂及文化事務署

二零二四年十二月二十四日

Notice

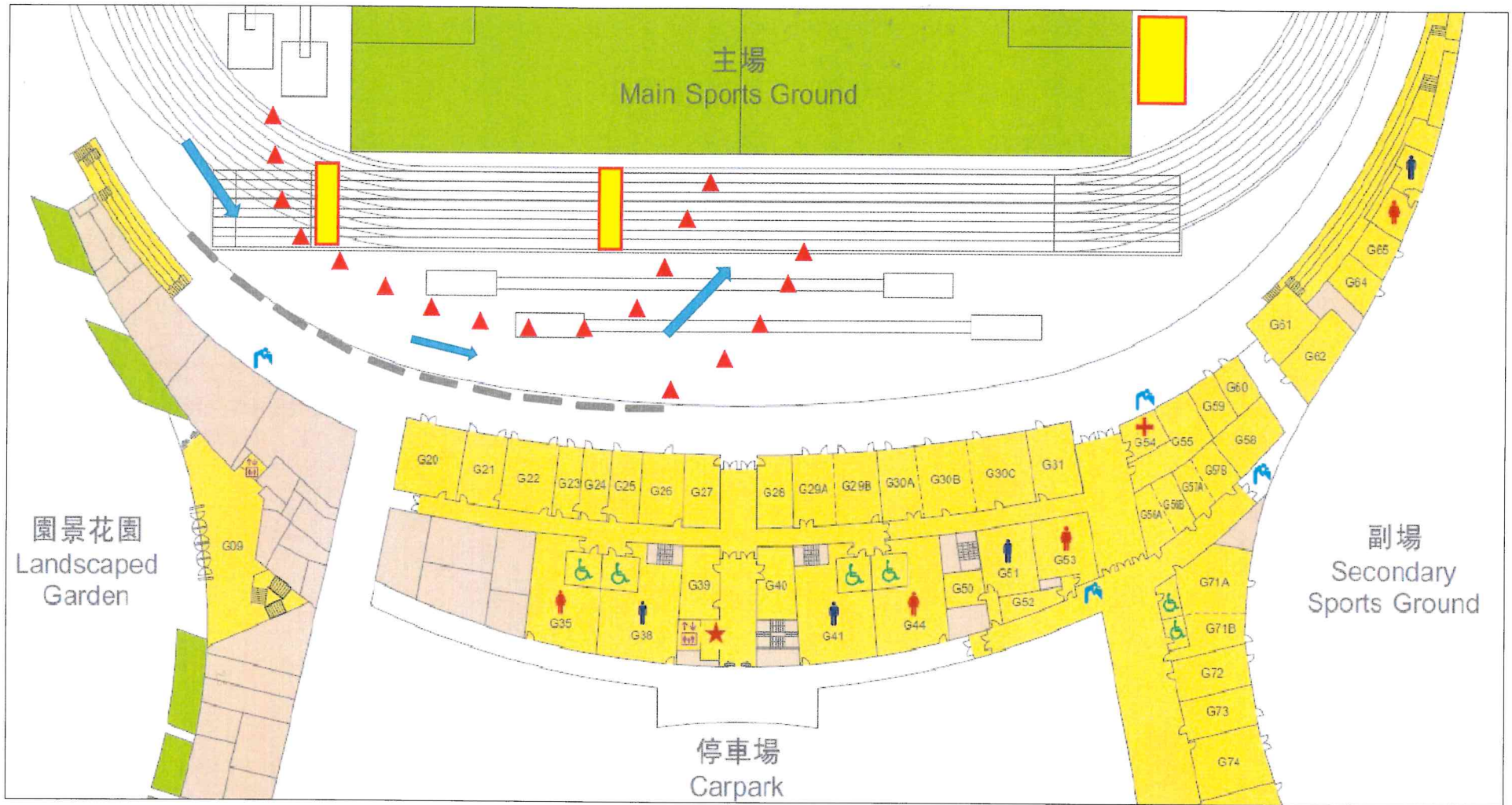
The repair works of running track of main sports ground in Tseung Kwan O Sports Ground will be carried out from 30 December 2024 to 7 January 2025. Partial Running Track will be temporarily closed. We apologize for any inconvenience caused.

For enquiries, please contact the venue supervisor at 2177 1255.



Leisure and Cultural Services Department

24 December 2024

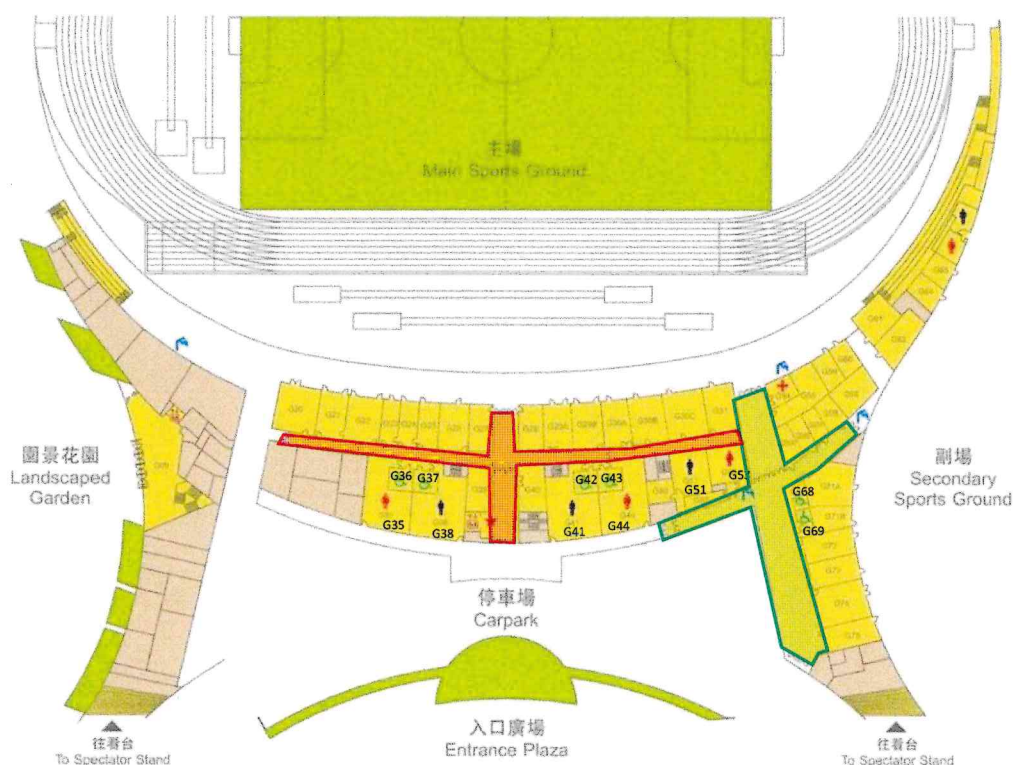


- 施工位置 Cordon Off Area
- 緩步跑方向 Jogging Direction
- 雪糕筒 Traffic Cones
- 鐵馬 Barriers

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 二零二四年九月十九日 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。



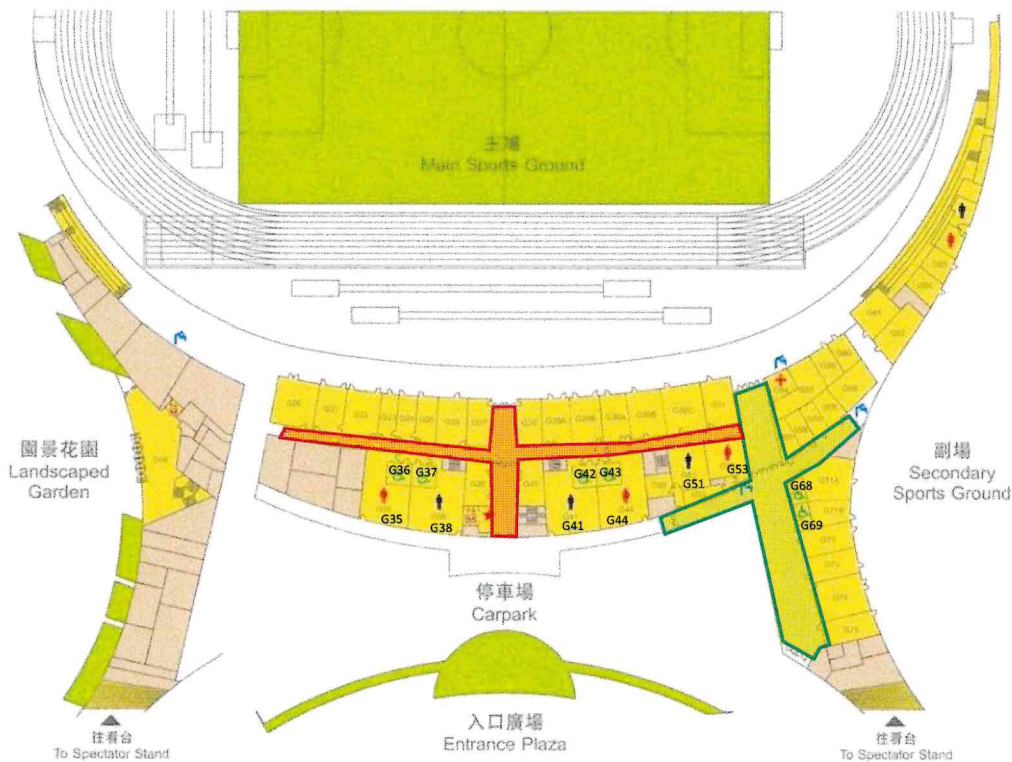
康樂及文化事務署

二零二四年九月十六日

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 19 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

16 September 2024