



SELKIE HENLEY CLASSIC

SCHOOLS OPEN WATER SWIMMING CUP 2025

SUNDAY 29TH JUNE - 4AM

The Schools Open Water Swimming Cup takes place at the Selkie Henley Classic on Sunday 29th June at 4am. This 2.1km upstream swim on the Henley Royal Regatta rowing course starts as the sun rises, and is a unique event that every budding open water swimmer should complete.

AGE GROUPS

There are 2 separate age groups in the Schools Cup:

Junior | Year 10 and below | Age 15 and under

Senior | Year 11-13 | Age 16-18

Age on 31st August 2025 – swimmers of age 12/13 will be required to provide strong proof of open water swimming acclimatisation and experience.

TIMINGS

All Schools Cup swimmers will set off together in a mass start in the junior wave. This is the first wave of the event.

TEAM SIZE

Any number of swimmers, although in order to be eligible for the Cup teams must be a minimum of 4 (no maximum) and consist of boys, girls OR mixed. Schools can enter a team into one or both age groups.

PRIZES

The times of the fastest 4 swimmers from an individual school within an age group will be added together, and trophies will be awarded to the fastest Junior and Senior teams.

Swimmers will also be eligible for medals in the mass participation event - this is categorised by age on event day, either 17 and under, or 18+.

WETSUITS COMPULSORY

Wetsuits are compulsory, they will make the swimmers more buoyant, faster, and safer.

INTERESTED?

For more information or to express an interest please contact juliet@henleyswim.com

WWW.HENLEYSWIM.COM

