



ALLAN CARTWRIGHT

PROFILE

Castro Valley High swimmers, for the past 40 years, have had the good fortune of competing under the watchful eyes of United States Masters Swim champion Allan Cartwright, who has been a fixture around the Castro Valley pool since his kids swam for the Trojans back in the mid-1980s. In addition to serving as the official starter at meets, Cartwright works with individual swimmers on their strokes, especially the butterfly.

Cartwright began competing – and mostly winning – in Masters swim meets shortly after leaving the Navy, where he was a fighter pilot who flew more than 200 combat missions in Vietnam. He has competed in numerous nationals, open water and rough water swims in every age group from 30-34 to 70-74.

In those 40-plus years, Cartwright recorded 264 top 10 national times and held 10 national records, mostly in the butterfly and individual medley. His 200-meter butterfly time of 2:17 at age 36 was not only the fastest time in the nation for that age group, but likely was the top mark in the world that year.

Cartwright's first competition came as a 13-year-old in a race of unknown distance between two docks in Lake Hopatcong near his home in New Jersey. He won.

His family moved to Los Angeles halfway through Allan's freshman year in high school, and he joined the Birmingham High swim team. He was a high school All-American as a junior in the 100 fly and as a senior in the 100 fly, 100 free and 200 IM, earning a scholarship to Ohio State where he was a member of the Buckeyes' 1962 NCAA championship swim team.

From Ohio State, Cartwright entered Naval aviation school, earning his commission as a Naval aviator in 1965. He was assigned to the USS Ticonderoga and made over 400 carrier landings. Upon his discharge from the Navy, he became a commercial airline pilot and in 1972 settled in Castro Valley with his wife, Stephanie, and their two-year-old daughter, Natasha. A son, Christopher, was born in 1974.

It was when Natasha and Christopher began swimming for Castro Valley High that Cartwright first became involved with the school's swim program. More recently, he witnessed his grandson Nathan and granddaughter Corinne compete for the Trojans, Nathan graduating in 2022 and Corinne last June.