



John York, Honor Swimmer, United States of America, 1989



Videos: [Swim 1 at 1:31](#) [Swim 2 at 1:23 & 0:15](#) [Swim 3 at 1:54](#)

John York set the record for fastest (1978) and youngest (age 17) 2-way Catalina Channel, starting on the mainland, of 16 hours and 42 minutes. The speed record stood in 2024 (and beyond). He completed 1-way swims 1976, 1977, 1978 and 2000 – his 1976 swim from Catalina to Mainland in 8 hours and 50 minutes set the overall speed record which held until 1977 (female broke) and 1983 (male). The 1984 swim was the USA Long Distance International Championship - which John won.

He swam the English Channel in 1988 in 8 hours and 52 minutes.

He coached numerous swimmers across the Catalina Channel, including USA National Team swimmers and was active in the management of the Catalina Channel Swimming Federation for decades.

[Expanded Biography \(Openwaterpedia\)](#)

[Long Swims Database \(Marathon Swimmers Federation\)](#)