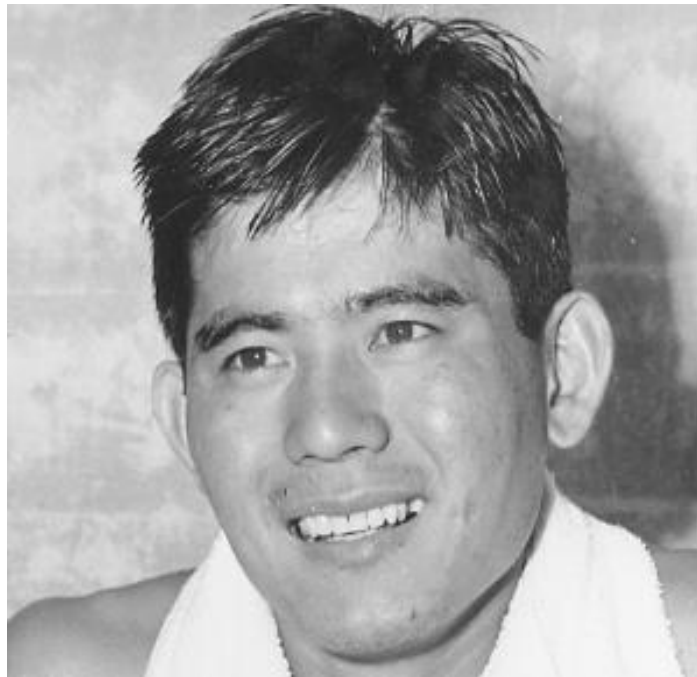




## Keo Nakama, Honor Swimmer, United States of America, 1967



Personal Website (None known)

**Keo Nakama** was the first person to swim from the island of Molokai to Oahu in Hawaii. He crossed the 43.4 km (27-mile) Kaiwi Channel in 1961 in 15 hours and 30 minutes. As a pool swimmer, Keo is honored in the International Swimming Hall of Fame (1975) for his 5 gold medals in the 1940 Pan American Swimming Championships, his 27 USA national swimming titles from 110 yards to 1500 meters, his six Australian National Championships and his world record in the mile and for captaining the two NCAA Men's Swimming Championship teams at Ohio State where he also played baseball.

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

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