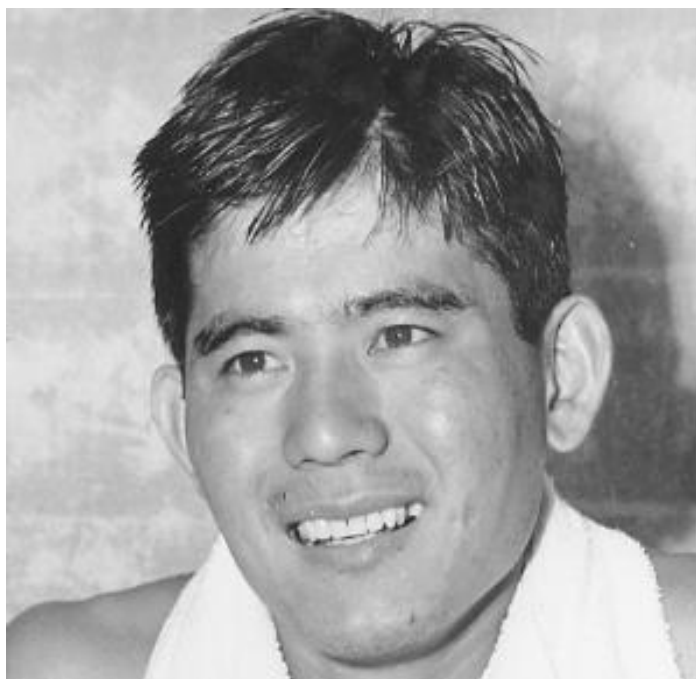




Keo Nakama, Honor Swimmer, United States of America, 1967



Videos: [ISHOF 1](#)

Keo Nakama was the first person to swim from the island of Molokai to Oahu in Hawaii. He crossed the 43.4 km Kaiwi Channel in 1961 in 15 hours and 30 minutes.

As a pool swimmer, Keo won 5 gold medals in the 1940 Pan American Swimming Championships; 27 USA national swimming titles from 110 yards to 1500 meters; 6 Australian National Championships; world record in the mile; and for captaining the two NCAA Men's Swimming Championship teams at Ohio State. He was inducted into the International Swimming Hall of Fame in 1975.

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

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