



**Dr. Vicki Keith, CM, Honor Swimmer, Canada, 2003**



Videos: [Interview 1 Ted](#)

**Vicki Keith** was the first to swim across all five of the North American Great Lakes – all in a 61-day period in 1988. In Vicki swam the first 2-way crossing 95 km of Lake Ontario in 56 hours 10 minutes.

Her speed records include 1988 and 1989 butterfly swims: 33 km Catalina Channel in 14 hours and 53 minutes; 44.2 km Lake Ontario in 23 hours and 33 minutes; 49 km Lake Ontario in 31 hours 28.9 km Lake Winnipeg in 13 hours; 29.4 km Juan de Fuca in 14 hours and 1 minutes; 33 km English Channel in 23 hours and 33 minutes; and 22.5 km circumnavigation of Sydney Harbour in 13 hours and 30 minutes.

Her 1988 Great Lakes included: 44.2 km Lake Ontario in 23 hours and 33 minutes; 32 km Lake Superior in 17 hours; 72 km Lake Michigan in 52 hours and 45 minutes; 75 km Lake Huron in 46 hours and 55 minutes; and 26 km Lake Erie in 10 hours and 24 minutes.

She swam a 2-way 74 km Lake Ontario in 2005 in 63 hours and 44 minutes – butterfly. Her English Channel speed record held until 2002 and all the rest held to 2022 (and beyond).

She coaches children with disabilities including a double leg amputee who became the first swimmer with a disability to swim across Lake Ontario, and a quadruple amputee who swam across Lake Erie..

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

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