



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



Personal Website (None known)

**Vicki Keith** completed an incredible number of record swims including swimming 69 km (43 miles) in a pool in 24 hours in 1990. During 1989, she swam butterfly across the 35 km (22-mile) Catalina Channel in 14 hours and 53 minutes, 51.5 km (32 miles) of butterfly in 31 hours across Lake Ontario, 28.9 km (18 miles) of butterfly in 13 hours in Lake Winnipeg, 32 km (20 miles) of butterfly in 14 hours in Juan de Fuca, 23 hours and 33 minutes of butterfly across the English Channel, and 22.5 km (14 miles) of butterfly in 13 hours and 30 minutes in a circumnavigation of Sydney Harbour.

During 1988, Vicki was the first and only person to swim across all five of the North American Great Lakes – all within an astounding 61-day period. She swam 51.5 km (32 miles) in Lake Ontario in 23 hours and 30 minutes, 38.6 km (24 miles) of butterfly in Lake Ontario, 32 km (20 miles) in 17 hours in Lake Superior, 72.4 km (45 miles) in 53 hours in Lake Michigan, 77 km (48 miles) in 46 hours and 55 minutes in Lake Huron, and 32 km (20 miles) in 20 hours in Lake Erie.

During 1987, Vicki did the first double-crossing (64 miles) of Lake Ontario in 56 hours 10 minutes. In 1986, she did a continuous pool swim of 129 hours and 45 minutes in Kingston, Ontario, Canada. In 1985, she did a 100-hour continuous pool swim in Kingston, Ontario, Canada. In 1985, she did 12 miles of butterfly in 11 hours and 30 minutes in Lake Ontario. Keith was made a Member of the Order of Canada (CM) in 1992. She coaches children with disabilities, Carlos Costa, a double leg amputee who became the first disabled athlete to swim across Lake Ontario, and Ashley Cowan, a quadruple

amputee who swam across Lake Erie. Her positive spirit and tireless dedication changed attitudes towards total inclusion for children with disabilities in the sports of swimming and marathon swimming.

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

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