A Fast pool is

usually a very proficiency pool:

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You might have heard me tell my swimmers this is a fast pool! Well here is few reasons why I would make that statement:

- Deeper the pool the faster the pool. Seven feet deep or deeper is the unwritten code for the depth for competitive swimming lanes. Deeper the pool less turbulent the water
- The history of the pool may create a methodical mystery of swimming fast. This is the one reason that does not have any science to back it up, just the history of swimmers swimming fast. For example when I was swimming the old Culver City High School Pool was FAST!! By looks it should have been extremely slow.....shallow water, poor gutters and very poor ventilation BUT back in the 1965-1985 period of time, there were a lot of great swims that took place in that pool. It was the first pool I broke 5 minutes in the 500 yd free and 2 minutes in the 200 yd fly.
- Types of gutters can also help make a fast pool. An over flow gutter system like Smith Park pool is the best gutter system to have. Almost all major international meets have taken a place in an overflow gutter system. A simple way to know if the pool gutters are good for fast swimming is to view how big the gutters are. Larger gutters will indicate the pool was designed to handle a lot of over flow water (meaning less waves on the top of the water). Small gutters will tell you the pool is designed not to have large amounts of water over flowing into them. Which means more wave in the lanes.
- Pool inlet* configurations is the # 1 component to a FAST pool. Pools like Texas A & M, University of Minnesota and most pools that are drop in special events temporary pools (similar to the pool used @ Olympic Trials this past year) are all designed to highlight water circulation. Both Texas A

& M and University of Minnesota all used their engineer departments to help design and enhance the placement of the pool's inlet to lead to fast swimming. Great water circulation can lead to maximum efficiency. Having lower inlets can help move dirt and debris to the surface of the water. Lower inlets can also help control temperature layers and helps redistribute chemicals that may sink to the bottom of the pool. So the rule of thumb is the lower the inlet are in the pool the better for fast swimming and also increases fundamentally efficiency. Inlets on the bottom of the pool is more costly when building a pool but are by far the best way to go if all possible . So if you see a pool with water inlet at the bottom of the pool you know it has the key ingredient of being a FAST pool.

* inlet means: The avenue that water reenters the pool after circulation progress has taken place.