Project analysis

$$KE + PE = W_{in}$$

$$W_{in} = 156W$$

$$PE = mgh$$

$$KE = \frac{1}{2}mv^2$$

$$m = V\rho = V\left(997\,\tfrac{kg}{m^3}\right)$$

$$velocity = \dot{V}/A$$

$$\left(\tfrac{m^3}{s}\right)\tfrac{1}{m^2}$$

$$A = \frac{\pi}{4}d^2$$

$$d = 0.25in\left(\tfrac{1m}{39.4in}\right)$$

$$A = 3.16\times10^{-5}$$

$$156W = \left(\dot{V}\left(997\tfrac{kg}{m^3}\right)\right)\left(9.81\tfrac{m}{s}\right)\left(0.5m\right) + \frac{1}{2}\left(\dot{V}\right)\left(997\tfrac{kg}{m^3}\right)\left(\tfrac{\dot{V}}{A}\right)^2$$

$$156W = 4890.3\dot{V} + 5.0\times10^{-5}\dot{V}^3$$

$$0 = 5\times10^{-5}\dot{V}^3 + 4890.3\dot{V} - 156$$

$$\dot{V} = 0.0319\tfrac{m^3}{s}$$

$$v = \frac{\dot{V}}{A} = \frac{0.0319\,\tfrac{m^3}{s}}{3.16\times10^{-5}m^2} = \boxed{1009.5\,m/s}$$