THE INVENTION CLAIMED IS

1. An underdrain block comprising a top wall, a bottom wall, and two side walls connecting the top wall to the bottom wall to define an internal chamber,

wherein the bottom wall, or a lower portion of at least one side wall, or both, comprises a plurality of orifices that allow liquid and/or solid materials to enter and exit the internal chamber,

wherein the bottom wall comprises internal channels formed through an inner surface of the bottom wall and which extend along the length of the underdrain block, and wherein multiple rows of the orifices are positioned within the channels.

2. The underdrain block of claim 1, wherein the internal channels are shaped into troughs.

3. The underdrain block of claim 1, wherein the side walls comprise additional orifices.

4. The underdrain block of claim 1, wherein at least a portion of the side walls are sloped such that the bottom wall has a greater width than the top wall.

5. The underdrain block of claim 4, wherein each side wall comprises a sloped section and a non-sloped section, and wherein the sloped section extends from the top wall to the non-sloped section and the non-sloped section extends from the sloped section to the bottom wall.

6. The underdrain block of claim 5, wherein the sloped section of the side walls comprise additional orifices and the non-sloped section of the side walls are free of orifices.

7. The underdrain block of claim 1, further comprising an internal wall that extends between the side walls to form a first zone and a second zone,

wherein the first zone is formed between the top wall, the side walls, and the internal wall, and the second zone is formed between the bottom wall, the side walls, and the internal wall.

8. The underdrain block of claim 7, wherein the side walls of the first zone comprise additional orifices, and the side walls of the second zone are free of orifices.

9. An underdrain lateral formed from one or a plurality of underdrain blocks according to claim 1.

10. An underdrain filtering system comprising:

at least one underdrain lateral secured to a filter floor that is formed by one or a plurality of underdrain blocks that each independently comprise a top wall, a bottom wall, and two side walls connecting the top wall to the bottom wall to define an internal chamber,

wherein the bottom wall, or a lower portion of at least one side wall, or both, comprises a plurality of orifices and wherein the underdrain lateral is spaced apart from the filter floor to allow liquid and/or solid materials to enter and exit the internal chamber,

wherein the bottom wall comprises internal channels formed through an inner surface of the bottom wall and which extend along the length of the underdrain block, and wherein multiple rows of the orifices are positioned within the channels.

11. The underdrain filtering system of claim 10, further comprising gravel placed between the filter floor and the underdrain lateral.

12. The underdrain filtering system of claim 11, wherein the gravel is further placed around at least a portion of the side walls.

13. The underdrain filtering system of claim 10, wherein the underdrain filtering system is free of grout in at least an area between the underdrain lateral and the filter floor.

14. The underdrain filtering system of claim 10, wherein the side walls comprise additional orifices.

15. The underdrain filtering system of claim 10, wherein at least a portion of the side walls are sloped such that the bottom wall has a greater width than the top wall.

16. The underdrain filtering system of claim 15, wherein each side wall comprises a sloped section and a non-sloped section, and wherein the sloped section extends from the top wall to the non-sloped section and the non-sloped section extends from the sloped section to the bottom wall.

17. The underdrain filtering system of claim 10, wherein the underdrain blocks further comprise an internal wall that extends between the side walls to form a first zone and second zone,

wherein the first zone is formed between the top wall, the side walls, and the internal wall, and the second zone is formed between the bottom wall, the side walls, and the internal wall.

18. A method of preparing an underdrain lateral for providing even distribution of backwash water along the underdrain lateral, comprising:

providing one or a plurality of underdrain blocks that each independently comprise a top wall, a bottom wall, and two side walls connecting the top wall to the bottom wall to define an internal chamber, wherein the bottom wall comprises a plurality of orifices that allow liquid and/or solid materials to enter and exit the internal chamber, wherein the

bottom wall comprises internal channels formed through an inner surface of the bottom wall and which extend along the length of the underdrain block, and wherein multiple rows of the orifices are positioned within the channels; and

forming an underdrain lateral with the one or a plurality of underdrain blocks such that portions of the underdrain lateral or individual underdrain blocks comprise orifices of different sizes and/or a different quantity of orifices to improve even distribution of the backwash water along an underdrain lateral.

19. A method of validating even distribution of backwash water across an underdrain lateral, comprising:

providing at least one underdrain lateral formed by one or a plurality of underdrain blocks that each independently comprise a top wall, a bottom wall, and two side walls connecting the top wall to the bottom wall to define an internal chamber, wherein the bottom wall comprises a plurality of orifices that allow liquid and/or solid materials to enter and exit the internal chamber, wherein the bottom wall comprises internal channels formed through an inner surface of the bottom wall and which extend along the length of the underdrain block, and wherein multiple rows of the orifices are positioned within the channels;

measuring an internal pressure of the underdrain lateral at a given zone or individual underdrain block; and

calibrating the underdrain lateral to discharge a known volume of backwash water at a given zone or individual underdrain block as a function of the measured internal pressure, a position of at least one zone or underdrain block within the underdrain lateral, and a number of orifices in the bottom wall of the at least one underdrain block.

20. The method of claim 19, wherein the underdrain lateral is in-situ field verified to confirm even discharge of the volume of backwash water along the underdrain lateral by comparing the measured internal pressure with known data correlating internal

pressure, the position of the at least one underdrain block within the underdrain lateral, and the number of orifices in the bottom wall of the at least one underdrain block.