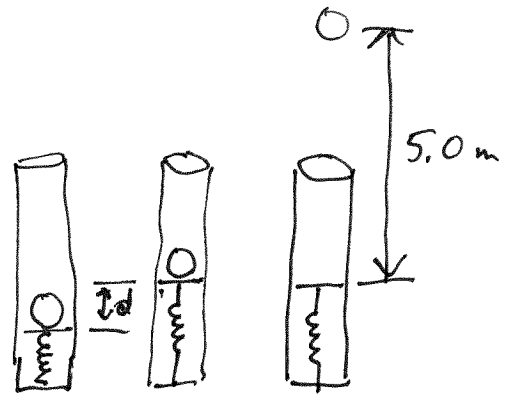


$$k = 12 \frac{N}{cm} = 1200 \frac{N}{m}$$

$$m = 0.015 \text{ kg}$$

$$h = 5.0 \text{ m}$$



How far is the spring initially compressed?

We will assume there are no losses due to air drag. ~~When the~~ We can then use conservation of energy.

$$W_{\text{non-cons}} = \Delta K + \Delta U = 0 \rightarrow K_0 + U_0 = K_f + U_f$$

The ball initially starts at rest and we will say the ~~zero~~ potential energy ~~due~~ ~~occurs~~ due to gravity is zero when ~~the~~ it rests on the compressed spring.

∴ Initially there is only potential energy due to the compressed spring

$$E_0 = K_0 + U_0 = 0 + \frac{1}{2}kd^2$$

After the ball reaches its max height, the potential ~~for~~ energy due to gravity is

$$U_g = mg(h+d)$$

There is no potential energy due to the spring and at max height velocity equals zero.

$$\text{Therefore } E_f = K_f + U_f = 0 + mg(h+d)$$

Setting the initial and final energy equal to each other

$$E_0 = E_f \rightarrow \frac{1}{2}kd^2 = mg(h+d)$$

$$\text{With a little algebra } d^2 = \frac{2mg(h+d)}{k} = \frac{2(0.015 \text{ kg})(9.8 \text{ m/s}^2)(5.0 + d)}{1200 \text{ N/m}}$$

$$d^2 = \frac{2(0.015 \text{ kg})(9.8 \text{ m/s}^2)(5.0 + d)}{1200 \text{ N/m}}$$

$$d^2 = 2.45 \times 10^{-4} (5.0 + d) \quad \text{Assume } d \ll 5.0$$

$$d^2 \approx (2.45 \times 10^{-4})(5.0) \approx 1.225 \times 10^{-3} \text{ m}^2 \rightarrow d = 0.035 \text{ m}$$

$d = 3.5 \text{ cm}$   
This is small compared to  $h = 5.0 \text{ m}$ . ∴ the approximation is very good.