1.
$$z \to z_k \dots k = 0, -1, -2, -3, \dots, -K$$

 $t \to t^n \dots n = 0, 1, 2, 3, \dots, N$

$$t^n = t_0 + n\Delta t$$
$$z_k = z_0 - k\Delta z$$

From the forward space and centred space equations:

$$\frac{\partial U}{\partial t} = \frac{U(t + \Delta t) - U(t)}{\Delta t} (1); \frac{\partial^{2} U}{\partial z^{2}} = \frac{U(z_{k} + \Delta z) - 2U(z) + U(z_{k} - \Delta z)}{\Delta x^{2}} (2)$$

$$\Rightarrow U_{k}^{n+1} = \frac{1}{\Delta t} \left(U_{k}^{n+1} - U_{k}^{n} \right) (3); \ U_{k+1}^{n} = \frac{1}{\Delta z^{2}} (U_{k+1}^{n} - 2(U_{k}^{n}) - U_{k-1}^{n}) (4)$$

$$\frac{\partial u_{E}}{\partial t} - f v = \kappa_{v} \left(\frac{\partial^{2} u}{\partial z^{2}} \right)$$

$$U_{k}^{n+1} - f v_{i,k}^{n} = \frac{\kappa_{v}}{\Delta z^{2}} (U_{k+1}^{n} - 2(U_{k}^{n}) - U_{k-1}^{n}) \dots (5)$$

2. From equation 5

$$\begin{split} &U_{k}^{n+1} - fv_{i,k}^{n} = \frac{\kappa_{v}}{\Delta z^{2}} (U_{k+1}^{n} - 2(U_{k}^{n}) - U_{k-1}^{n}) \\ &\Rightarrow U_{k}^{n+1} = \frac{1}{\Delta t} \Big(U_{k}^{n+1} - U_{k}^{n} \Big) \\ &\frac{1}{\Delta t} \Big(U_{k}^{n+1} - U_{k}^{n} \Big) = \frac{\kappa_{v}}{\Delta z^{2}} (U_{k+1}^{n} - 2(U_{k}^{n}) - U_{k-1}^{n}) - fv_{i,k}^{n} \\ &U_{k}^{n+1} - U_{k}^{n} = \frac{\Delta t \cdot \kappa_{v}}{\Delta z^{2}} (U_{k+1}^{n} - 2(U_{k}^{n}) - U_{k-1}^{n}) - \Delta t \cdot fv_{i,k}^{n} \\ &U_{k}^{n+1} = \frac{\Delta t \cdot \kappa_{v}}{\Delta z^{2}} (U_{k+1}^{n} - 2(U_{k}^{n}) - U_{k-1}^{n}) - \Delta t \cdot fv_{i,k}^{n} + U_{k}^{n} \\ &\mathcal{C} = \frac{\Delta t \cdot \kappa_{v}}{\Delta z^{2}} \end{split}$$

3.

$$C = \frac{\Delta t \cdot \kappa_v}{\Delta z^2}$$
for stability $C \le 0.5$
at $\Delta z = 100$

$$\Delta t \le \frac{0.5 \left(10^{-4} \frac{m^2}{s}\right)}{(100)^2} = 5 \times 10^{-9} s$$