

⑨.

$$x: \frac{1}{2} K(0.01)^2 = \frac{1}{2} m v_x^2 \quad 1.97 = v_x t$$

$$y: mgh = \frac{1}{2} m v_y^2 \quad v_y^2 = 2a\Delta y$$

$$gh = \frac{1}{2}(2g\Delta y)$$