

$$\begin{aligned}
& \sum_{i=1}^3 i^2 \times \sum_{i=1}^5 \frac{i}{3} \\
&= (1^2 + 2^2 + 3^2) \times \left(\frac{1}{3} + \frac{2}{3} + \frac{3}{3} + \frac{4}{3} + \frac{5}{3} \right) \\
&= (1 + 4 + 9) \times \left(\frac{1 + 2 + 3 + 4 + 5}{3} = \frac{15}{3} \right) \\
&= 14 \times 5 \\
&= 70
\end{aligned}$$