3.
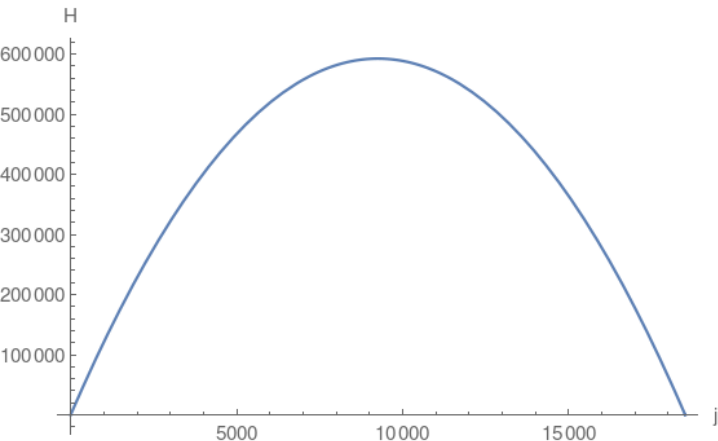
3. (A) To compute the MIN/MAX, first calculate the vertex:

$$\text{vertex} = \frac{-128}{2\frac{(-14)}{45^2}} = \frac{64800}{7}$$

since the height H of the projectile is governed by a Parabola function.