Piecewise Functions

$$\left[\begin{array}{ll} \sin(5\pi h) & -7 < h \le -3 \\ 2h + 1 & -3 < h < 2 \\ \dfrac{h^2}{3} - h & 2 \le h \le 3 \\ 5 & h > 3 \end{array}\right.$$