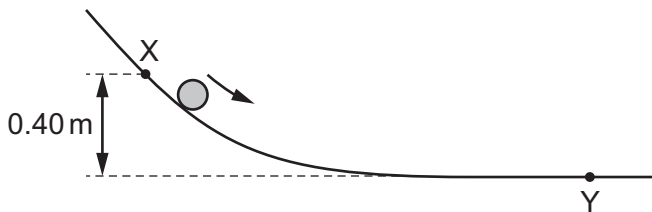**18** A ball slides down a curved track, as shown.

Point X is at a height of 0.40 m above point Y. The speed of the ball at point X is 2.5 m s^{-1}.

Frictional forces are negligible.

What is the speed of the ball at point Y?

A 2.8 m s^{-1} **B** 3.2 m s^{-1} **C** 3.8 m s^{-1} **D** 14 m s^{-1}