1. A crate is pushed off the edge of a building which is 160 m tall. The crate lands 35 m from the base of the building. How fast was the crate pushed, and how fast will it be moving when it hits the ground?

h = 160 mSolution.l = 35 mWe assume that the initial velocity of the crate was horizontal. $v_0, v_1 - ?$ Let write the kinematic equations of motion of the crate. If the center of coordinate system is in its initial position, then the coordinates depend on time as:

$$\begin{cases} x = v_0 \cdot t \\ y = -\frac{gt^2}{2} \end{cases}$$

Here X-axis is directed towards the motion and Y-axis is directed up.

When the crate lands, then y = -h. One can find the correspondent time:

$$-h=-\frac{gt^2}{2}, \quad t_1=\sqrt{\frac{2h}{g}}.$$

Then, we can find the initial velocity: $v_0 = \frac{x(t_1)}{t_1} = l : \sqrt{\frac{2h}{g}}, \quad v_0 = l\sqrt{\frac{g}{2h}}.$

The components of the velocity of the crate are:

$$\begin{cases} v_x = v_0 \\ v_y = -g t \end{cases}$$

So, the velocity of the moment of the landing:

$$v_{1} = \sqrt{(v_{x}(t_{1}))^{2} + (v_{y}(t_{1}))^{2}} = \sqrt{v_{0}^{2} + g^{2}t_{1}^{2}} = \sqrt{l^{2} \cdot \frac{g}{2h} + g^{2} \cdot \frac{2h}{g}}, \quad \left| v_{1} = \sqrt{g\left(\frac{l^{2}}{2h} + 2h\right)} \right|$$

Let check the dimension: $\left[v_{0}\right] = m \cdot \sqrt{\frac{m/s^{2}}{m}} = \frac{m}{s}, \quad \left[v_{1}\right] = \sqrt{\frac{m}{s^{2}} \cdot m} = \frac{m}{s}.$
Let evaluate the quantities:

$$v_0 = 35 \cdot \sqrt{\frac{9.81}{2 \cdot 160}} = 6.13 \left(\frac{m}{s}\right), \quad v_1 = \sqrt{9.81 \cdot \left(\frac{35^2}{2 \cdot 160} + 2 \cdot 160\right)} = 56.4 \left(\frac{m}{s}\right)$$

Answer: $6.13\frac{m}{s}$, $56.4\frac{m}{s}$.