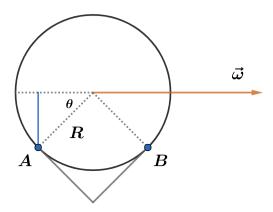
2020A F=ma Exam: Problem 2

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In the frame of the ball, points A and B have instantaneous velocity $\omega R \sin \theta$ into the page. The ball rolls without slipping, so in the lab frame

$$v_A = v_B = 0 = \omega R \sin \theta - v_{CM}$$
$$\omega = \frac{v_{CM}}{R \sin \theta} = \frac{\sqrt{2}v_{CM}}{R}$$

since $\theta = \pi/4$ by construction. The highest point, where the contribution from rotation is largest, has the maximum speed $v_{CM} + R\omega = (1 + \sqrt{2})v_{CM}$ so the answer is $\boxed{\mathrm{E}}$.