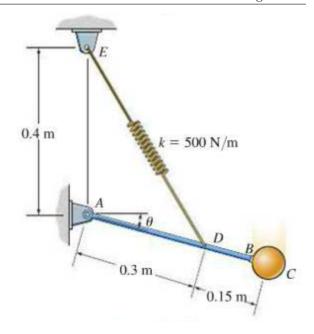
1) **ABET SO** (a): The 10-kg sphere C is released from rest when $\theta=0^{\circ}$ and the tension in the spring is 100~N. Determine the speed of the sphere at the instant $\theta=90^{\circ}$. Neglect the mass of the rod AB and the size of the sphere. $(g=9.81~m/s^2)$. Clearly label your coordinate system.



30 marks