* Assume 1.5m acceleration Distance

Baseball: $V = 80\,mph = 35.7\,m/s$

$\Delta X = 1.5\,m$

$$(35.7\,m/s)^2 = 0 + 2a(1.5\,m)$$

$$a = 425\,m/s^2$$

$$\Sigma F_{Baseball} = 0.145\,kg\,(425\,m/s^2) = 61.6\,N = \boxed{13.8\,lb}$$

Wiffle Ball $V \cong 90\,mph = 40.2\,m/s$

$\Delta X = 1.5\,m$

$$(40.2\,m/s)^2 = 0 + 2a(1.5\,m)$$

$$a = 538\,m/s^2$$

$$\Sigma F_{Wiffle} = 0.045\,kg\,(538\,m/s^2)$$

$$= 24.2\,N = \boxed{5.4\,lb}$$

Shotput Assuming 45° (48' = 14.6m)

$$14.6\,m = \frac{V_0^2\,(\sin(2(45^\circ)))}{9.8\,m/s^2}$$

$V_0 \cong 12\,m/s$

$V \cong 12\,m/s$

$\Delta X = 1.5\,m$

$$(12\,m/s)^2 = 0 + 2a(1.5\,m)$$

$$a = 48\,m/s^2$$

$$\Sigma F_{Shotput} = 6.3\,kg\,(48\,m/s^2) = 288\,N = \boxed{64.8\,lb}$$