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For $a = \text{constant}$, $v^2 = v_0^2 + 2as$

$$\left[\frac{180(5280)}{3600} \right]^2 = 0^2 + 2a(300)$$

$$a = 116.2 \text{ ft/sec}^2$$

$$\text{or } a = 116.2 / 32.2 = \underline{3.61g}$$