Kinematic Equations

$$D = \frac{V_i + V_f}{2} \cdot t$$

$$V_f = V_i + at$$

$$D = V_i \cdot t + \frac{1}{2}at^2$$

$$V_f^2 = V_i^2 + 2ad$$

g = acceleration of gravity = -9.80665 m/s$^2$ ≈ -9.8 m/ s$^2$ ≈ -32 f/s$^2$