30. We apply Eq. 9-17, with $M = \sum m = 1.3$ kg,

$$\begin{aligned} M\vec{v}_{\text{com}} &= m_A\vec{v}_A + m_B\vec{v}_B + m_C\vec{v}_C \\ (1.3)\left(-0.40\,\hat{\text{i}}\right) &= (0.50)\vec{v}_A + (0.60)\left(0.20\,\hat{\text{i}}\right) + (0.20)\left(0.30\,\hat{\text{i}}\right) \end{aligned}$$

which leads to $\vec{v}_A = -1.4\,\hat{\text{i}}$ in SI units (m/s).