The gradient wind equation, after solving the quadratic, is

\[ V = -\frac{f R}{2} \pm \sqrt{\frac{f^2 R^2}{4} - R \frac{1}{\rho} \frac{\partial p}{\partial n}}. \]

You are in the NH \((f > 0)\). By convention, \(R > 0\) is CCW. Identify the two roots resulting when \(R > 0\) and \(\frac{1}{\rho} \frac{\partial p}{\partial n} < 0\) (the bottom left quadrant from my chart). For each root, you should be demonstrating that it is one of the following: regular low, regular high, anomalous low, anomalous high, or unphysical.