# RICCI FLOW WITH SURGERY 

Diplomarbeit
Betreuer: Bernhard Leeb

## Erklärung

Hiermit erkläre ich, Richard Heiner Bamler, dass ich die vorliegende Diplomarbeit mit dem Titel
"Ricci flow with surgery"
selbständig verfasst und nur die angegebenen Quellen und Hilfsmittel benutzt habe.

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## Introduction

The following thesis deals with the surgery process for the Ricci flow on 3 -manifolds as developed in [Per1] and [Per2]. With the help of this method it is possible to prove the Poincaré Conjecture as well as the Geometrization Conjecture.

Poincaré Conjecture. Every closed (i.e. compact and boundaryless) simply connected 3 -manifold $M$ is homeomorphic to $S^{3}$.

Note that any topological 3-manifold admits a unique differentiable structure, so it remains to show that every closed simply connected smooth 3 -manifold is homeomorphic to $S^{3}$.

The Geometrization Conjecture reads as follows:
Geometrization Conjecture. Every closed orientable 3-manifold $M$ is a connected sum of closed 3-manifolds $M_{i}$ such that for every $i$ there is a finite collection of pairwise disjoint imbedded tori $T_{i j} \subset M_{i}$ such that
(i) the tori $\left\{T_{i j}\right\}_{j}$ are incompressible in $M_{i}$ (i.e. $\pi_{1} T_{i j} \hookrightarrow \pi_{1} M_{i}$ )
(ii) the components of $M_{i} \backslash \bigcup_{j} T_{i j}$ are diffeomorphic to metric quotients with finite volume of one of the following 8 homogeneous geometries

$$
S^{3}, S^{2} \times S^{1}, \mathbb{H}^{3}, \mathbb{R}^{3}, \mathbb{H}^{2} \times \mathbb{R}, \widetilde{\operatorname{PSL}}(2, \mathbb{R}), \text { Nil or Sol. }
$$

For more details see [Mor], [Thu] or [KL, Appx I]. Note that the Poincaré Conjecture follows easily from the Geometrization Conjecture.

The idea for proving the Poincaré conjecture and the Geometrization Conjecture for a manifold $M$ via Ricci flow is the following: We endow $M$ with an arbitrary metric and evolve it via the Ricci flow. Naïvely we can expect the metric to get more and more homogeneous since the evolution equation for the curvature under the Ricci flow is of heat type. So for example in the case in which the starting metric has positive Ricci curvature, Richard Hamilton showed in [Ham1] that the metric converges to a constant curvature metric under the Ricci flow. However, in the general case it may happen that the metric develops regions of diverging curvature called singularities. Perelman has found ways (see [Per1]) to prove that the injectivity radius in these regions does not decrease faster than the curvature diverges. This gives him the possibility to conclude that the singularities are geometrically close to a certain type of ancient Ricci flows called $\kappa$-solutions. It is now an important step to analyze these model solutions and to find they look neck-like at certain areas, that is, their geometry is close to the homogenoeus geometry $S^{2} \times \mathbb{R}$. This in turn implies that the singularities essentially look neck-like, too. In order to get rid of the singularities, one can cut out those necks and glue 3 -balls whose geometry should be chosen in a certain way into the produced cutting surfaces. This process is called surgery. Now one can start the Ricci flow again and repeat the surgery procedure if necessary. Note that topologically the surgery process corresponds to performing the inverse of a connected sum.

This thesis is organized as follows: Chapters 1 and 2 give a very brief introduction to results in Riemannian geometry and Ricci flow that will be needed subsequently. Most
often proofs are omitted if there are appropriate references. In chapter 3 we present an overview on geometric convergence and geometric compactness theorems. Results on Gromov-Hausdorff compactness are assumed to be familiar to the reader and will only be repeated without proofs. However, the theory of smooth convergence and convergence of Ricci flows is presented more thoroughly since one hardly finds a complete and accurate exposition on the topic in the literature. The proof of only one technical fact is omitted, but reference is given. Amongst others we try to convey a certain languague to the reader in this chapter that will be used in the following chapters. Chapter 4 gives a short introduction to the methods used to prove Perelman's No Local Collapsing Theorem. These methods will be used in chapter 7 again. References for more detailed presentations of the topics are given. In chapter 5 the theory of $\kappa$-solution is developed and chapter 6 presents the Canonical Neighborhood Theorem (compare with 12.1 in [Per1]). Chapters 5 and 6 follow Bruce Kleiner's and John Lott's notes on Perelman's papers [KL] with some modifications. All proofs are given except for the proof of the theorem that there is a universal $\kappa_{0}$ for all non-round 3 -dimensional $\kappa$-solutions. Note that in chapter 6 we try to cover as complete as possible the results on the classification of 3 dimensional $\kappa$ solutions. However, some of these results will not be needed in the following chapters. Chapter 7 deals with the surgery process in the Ricci flow. At first, general Ricci flows with surgery are introduced. Then we give a brief description of the surgery process. Some technical details are omitted, but can be found in [KL]. Eventually, in the last three sections we prove that it is always possible to perform the surgeries in the described way. Finally, chapter 8 gives a brief overview on the methods that can now be used to prove the Poincaré or the Geometrization Conjecture.

At this point we like to list other sources that cover Ricci flow with surgery. Very useful are [KL], [MT] and [Hei1]. Sometimes, Perelman's original papers [Per1] and [Per2] are quite helpful although they present the material in a very condensed way. Another reference is [CZ]. For a detailed overview on the topic see [Mor].

The author is aware of the fact that the references [Bam1], [Bam2], [LB1], [LB2], [LB3], [LB4] and [Lee2] are hardly accessible to the reader. Hopefully, these sources will be added to a future version of this text.

This diploma thesis was written at the Ludwig-Maximilians University, Munich. I like to thank my advisor Bernhard Leeb for the numerous inspirations and help. Furthermore, I like to thank Hans-Joachim Hein for his support and intensive reading circles.

## Chapter 1

## Preliminaries on geometry and topology

### 1.1 Notations and conventions

Let $(M, g)$ be an $n$ dimensional Riemannian manifold, i.e. a smooth manifold with a symmetric and positive definite bilinear form $g \in \operatorname{Sym}^{2} T^{*} M$, the metric. In a canonical way, the metric $g$ induces metrics on all higher tensor bundles $T_{l}^{k} T M=(T M)^{\otimes l} \otimes\left(T^{*} M\right)^{\otimes k}$ and their subbundles resp. quotients such as $\Lambda^{k} T M$ or $\operatorname{Sym}^{k} T M$. If $M$ is orientable, let vol $\in \Gamma \Lambda^{n} T M=\Omega^{n} M$ be the Riemannian volume form, i.e. the form that satisfies $\operatorname{vol}\left(e_{1}, \ldots, e_{n}\right)=1$ for any oriented local orthormal frame $\left(e_{i}\right)$. Define the Riemannian measure $\mu$ to be the measure on $M$ associated to vol. Observe that working locally, we can also define $\mu$ in the case in which $M$ is non-orientable.

We denote by $\nabla$ the Levi-Civita connection on $T M$, i.e. the connection that satisfies $\nabla_{X} Y-\nabla_{Y} X=[X, Y]$ (i.e. $\nabla$ is torsion free) and $X\langle Y, Z\rangle=\left\langle\nabla_{X} Y, Z\right\rangle+\left\langle Y, \nabla_{X} Z\right\rangle$ (i.e. $\nabla$ is a metric connection) for all vector fields $X, Y, Z$ on $M$. Analogously, $\nabla$ induces metric connections on all higher tensor bundles $T_{l}^{k} T M$ and their parallel subbundles or quotients. Let $E$ be a vector bundle over $M$ equipped with a connection $\nabla$. We define the curvature tensor $R \in \Gamma\left(\Lambda^{2} T^{*} M \otimes \operatorname{End} E\right)$ by

$$
R(X, Y) e:=\nabla_{X} \nabla_{Y} e-\nabla_{Y} \nabla_{X} e-\nabla_{[X, Y]} e
$$

for any two vector fields $X, Y \in \Gamma(T M)$ and section $e \in \Gamma(E)$. It is easy to see that $R$ is indeed a tensor. In the case $E=T M$, the curvature $R$ is the Riemannian curvature. Let $p \in M$ and $\pi \subset T_{p} M$ be a 2 -plane. Choose a basis $u, v \in \pi$ and define the sectional curvature on $\pi$ by

$$
K(\pi)=K(u \wedge v):=\frac{\langle R(u, v) v, u\rangle}{\|u \wedge v\|^{2}} \geq \kappa \quad \text { where } \quad\|u \wedge v\|^{2}=\|u\| \cdot\|v\|-\langle u, v\rangle^{2} .
$$

One easily checks that $K(u \wedge v)$ does not depend on the choice of $u, v \in \pi$. We say that $M$ has constant sectional curvature $\kappa$ if $K(\pi) \equiv \kappa$ for all points $p \in M$ and 2-planes $\pi \subset T_{p} M$. For each $n \geq 2$ and $\kappa \in \mathbb{R}$ there is up to isometry exactly one complete and simply connected Riemannian manifold with constant sectional curvature $\kappa$. We will call this space the model space of constant sectional curvature $\kappa, M_{\kappa}^{n}$.

Finally we define the Riemannian curvature operator $\hat{R} \in \Gamma\left(\operatorname{End}^{\text {sym }} \Lambda^{2} T M\right)$ by

$$
\langle\hat{R}(X \wedge Y), U \wedge V\rangle=\langle R(X, Y) V, U\rangle
$$

for any vector fields $X, Y, U, V$ (note again that we set $\langle X \wedge Y, U \wedge V\rangle:=\langle X, U\rangle\langle Y, V\rangle-$ $\langle X, V\rangle\langle Y, U\rangle)$.

Contracting the Riemannian curvature yields the Ricci curvature:

$$
\operatorname{Ric}(X, Y):=\operatorname{tr} R(\cdot, X) Y=\sum_{i}\left\langle R\left(X, e_{i}\right) e_{i}, Y\right\rangle
$$

for any local vector fields $X, Y$ and any local orthonormal frame $\left(e_{i}\right)$. Note that Ric $\in$ $\Gamma\left(\operatorname{Sym}^{2} T^{*} M\right)$, however sometimes we dualize and assume that Ric $\in \Gamma\left(\operatorname{End}^{\mathrm{sym}} T M\right)$.

Tracing the Ricci tensor gives the scalar curvature:

$$
S=\operatorname{tr} \operatorname{Ric}=\sum_{i} \operatorname{Ric}\left(e_{i}, e_{i}\right)
$$

For a more developed introduction to Riemannian curvature quantities see [dCa].

### 1.2 Metric geometry

In the following denote $\left(X, d_{X}\right)$ a metric space. If there is no chance for confusion, we will simply write $d$ instead of $d_{X}$ for the metric.

Definition 1.2.1. A metric space $(X, d)$ is called a length space if for all $x, y \in X$ we have
where $\ell(\gamma)$ denotes the length of $\gamma$, i.e.

$$
\ell(\gamma):=\sup \left\{\sum_{k=1}^{n} d\left(\gamma\left(t_{k-1}\right), \gamma\left(t_{k}\right)\right) \quad: \quad n \in \mathbb{N}, \quad 0=t_{0}<t_{1}<\ldots<t_{n}=1\right\}
$$

For a Riemannian manifold $(M, g)$ we define the path metric dist by

$$
\operatorname{dist}(x, y):=\inf \left\{\int_{0}^{1}\|\dot{\gamma}\| \mathrm{d} t \quad: \quad \gamma:[0,1] \rightarrow M, \quad \mathcal{C}^{1}, \quad \gamma(0)=x, \gamma(1)=y\right\}
$$

Obviously, ( $M$, dist) is a length space. In order to make sure that the property of being a length space persists Gromov-Hausdorff limits we mention (see [Bal1])

Lemma 1.2.2. For a metric space $(X, d)$ the following properties are equivalent:
(i) $X$ is a length space
(ii) For any $\varepsilon>0$ and any two points $x, y \in X$ there is a point $z \in X$ such that

$$
d(x, z)-\frac{1}{2} d(x, y), \quad d(z, y)-\frac{1}{2} d(x, y)<\varepsilon
$$

Definition 1.2.3. Let $I \subset \mathbb{R}$ be an interval equipped with the standard metric $d_{I}$. $A$ map $\gamma: I \rightarrow X$ is called a minimizing geodesic if $\gamma$ is an isometry between $\left(I, c d_{I}\right)$ and ( $X, d_{X}$ ) for some $c \geq 0$. If $c=1$ we say that $\gamma$ is a minimizing geodesic parameterized by arclength. If $I=\mathbb{R}_{\geq 0}$, $\gamma$ will be called a ray and if $I=\mathbb{R}$, a line.

We call $\gamma$ a geodesic (parameterized by arclength) if for any $t \in I$ there is an interval $J \subset I$ around $t$ such that $\left.\gamma\right|_{J}$ is a minimizing geodesic (parameterized by arclength).

Under certain conditions, we are able to formulate a synthetic version of the HopfRinow Theorem in the Riemannian case (see [dCa, Ch 7]). For the proof see [Bal1, I.2]

Proposition 1.2.4. Let $(X, d)$ be a locally compact length space. Then the following conditions are equivalent:
(a) $X$ is complete as a metric space,
(b) any geodesic $\gamma:[0,1) \rightarrow X$ can be extended to a geodesic on $[0,1]$,
(c) for some $x \in X$, any geodesic $\gamma:[0,1) \rightarrow X$ starting in $x$, i.e. $\gamma(0)=x$, can be extended to a geodesic on $[0,1]$,
(d) bounded subsets are precompact (i.e. their closure is compact).

Furthermore, (a)-(d) imply
(e) for any pair of points $x, y \in X$ there is a minimizing geodesic $\gamma:[0,1] \rightarrow X$ with $\gamma(0)=x$ and $\gamma(1)=y$.

### 1.3 Comparison geometry

Let $(M, g)$ be a Riemannian manifold and $x_{1}, x_{2}, x_{3} \in M$ be points joined by (not necessarily minimizing) geodesics $\gamma_{1}, \gamma_{2}, \gamma_{3} \subset M$ in such a way that $\gamma_{i}$ connects $x_{i-1}$ with $x_{i+1}$ (where we view indices always modulo 3 ). We call the triple $\left(\gamma_{1}, \gamma_{2}, \gamma_{3}\right)$ a triangle in $M$ if $\ell\left(\gamma_{i}\right)+\ell\left(\gamma_{i+1}\right) \geq \ell\left(\gamma_{i+2}\right)$ for all $i=1,2,3$. If there is no chance of confusion, we will abbreviate $\triangle x_{1} x_{2} x_{3}:=\left(\gamma_{1}, \gamma_{2}, \gamma_{3}\right)$ and denote the sides $\gamma_{i}$ by $\overline{x_{i-1} x_{i+1}}$.

Let $\kappa \in \mathbb{R}$. If the perimeter $\ell\left(\gamma_{1}\right)+\ell\left(\gamma_{2}\right)+\ell\left(\gamma_{3}\right) \leq \frac{2 \pi}{\sqrt{\kappa}}$ (we set $\frac{2 \pi}{\sqrt{\kappa}}=\infty$ if $\kappa \leq 0$ ), there exists a triangle $\triangle \widetilde{x}_{1} \widetilde{x}_{2} \widetilde{x}_{3}=\left(\widetilde{\gamma}_{1}, \widetilde{\gamma}_{2}, \widetilde{\gamma}_{3}\right)$ in the model space $M_{\kappa}^{2}$ of constant curvature $\kappa$ with $\ell\left(\gamma_{i}\right)=\ell\left(\widetilde{\gamma}_{i}\right)$. Note that the length of no side exceeds $\frac{\pi}{\sqrt{\kappa}}$. We call $\triangle \widetilde{x}_{1} \widetilde{x}_{2} \widetilde{x}_{3}$ a comparison triangle of $\triangle x_{1} x_{2} x_{3}$. In the case in which all sides of the triangle are smaller than $\frac{\pi}{\sqrt{\kappa}}$ this triangle is uniquely determined up to congruence. We call the angles $\widetilde{\varangle} x_{i+1} x_{i} x_{i-1}:=\varangle_{x_{i}}\left(\widetilde{\gamma}_{i+1}, \widetilde{\gamma}_{i-1}\right)$ (if $\triangle \widetilde{x}_{1} \widetilde{x}_{2} \widetilde{x}_{3}$ exists and is unique; if one of the sides ${\widetilde{\widetilde{x}_{i}}}_{i-1}$ or $\widetilde{x}_{i} \widetilde{x}_{i+1}$ has length $\frac{\pi}{\sqrt{\kappa}}$, we set $\widetilde{\varangle} x_{i+1} x_{i} x_{i-1}=0$ ) the comparison angles. Observe that if the sides $\gamma_{i}$ of $\triangle x_{1} x_{2} x_{3}$ are minimizing geodesics, the comparison triangle and the comparison angles are already defined in terms of the distances between the points $x_{i}$.

Assume now that the sectional curvatures of $M$ are bounded below by $\kappa$. Hereby we mean $K(\pi) \geq \kappa$ for any 2-plane $\pi \subset T_{p} M$ and $p \in M$.

Toponogov's Theorem expresses this pointwise bound globally, namely it states that triangles in $M$ are "thicker" than in the corresponding constant curvature case.

Theorem 1.3.1 (Toponogov). Let $(M, g)$ be a complete Riemannian manifold with sectional curvature $K \geq \kappa$. Then
(A) For any triangle $\triangle x_{1} x_{2} x_{3} \subset M$ with minimizing sides there is a comparison triangle $\triangle \widetilde{x}_{1} \widetilde{x}_{2} \widetilde{x}_{3}$ (with $\ell\left(\overline{x_{i} x_{i+1}}\right)=\ell\left(\overline{\widetilde{x}_{i} \widetilde{x}_{i+1}}\right)$ ) such that for any point $w \in \overline{x_{2} x_{3}}$ and the corresponding point $\widetilde{w} \in \widetilde{\widetilde{x}_{2} \widetilde{x}_{3}}$ (i.e. the point on $\widetilde{\widetilde{x}}_{2} \widetilde{x}_{3}$ for which $\operatorname{dist}\left(\widetilde{x}_{2}, \widetilde{w}\right)=\operatorname{dist}\left(x_{2}, w\right)$ and $\operatorname{dist}\left(\widetilde{w}, \widetilde{x}_{3}\right)=\operatorname{dist}\left(w, x_{3}\right)$ holds) we have $\operatorname{dist}\left(x_{1}, w\right) \geq \operatorname{dist}\left(\widetilde{x}_{1}, \widetilde{w}\right)$.
(B) For any two minimizing geodesics $\gamma, \sigma \subset M$ with $\gamma(0)=\sigma(0)=x$ the comparison angle $\widetilde{\varangle} \gamma(t) x \sigma(s)$ (in $M_{\kappa}^{2}$ ) exists and is monotonically decreasing both in $t$ and in $s$.
(C) For any four distinct points $x_{0}, x_{1}, x_{2}, x_{3} \in M$ the comparison angles $\widetilde{\varangle} x_{1} x_{0} x_{2}$, $\widetilde{\varangle} x_{2} x_{0} x_{3}, \widetilde{\varangle} x_{3} x_{0} x_{1}$ in $M_{\kappa}^{2}$ exist and

$$
\widetilde{\varangle} x_{1} x_{0} x_{2}+\widetilde{\varangle} x_{2} x_{0} x_{3}+\widetilde{\varangle} x_{3} x_{0} x_{1} \leq 2 \pi
$$

(D) For any triangle $\triangle x_{1} x_{2} x_{3} \subset M$ with positive side lengths there is a comparison triangle $\triangle \widetilde{x}_{1} \widetilde{x}_{2} \widetilde{x}_{3} \subset M_{\kappa}^{2}$ with

$$
\varangle_{x_{i}}\left(\overline{x_{i} x_{i-1}}, \overline{x_{i} x_{i+1}}\right) \geq \varangle_{\widetilde{x}_{i}}\left(\overline{\widetilde{x}_{i} \widetilde{x}_{i-1}}, \widetilde{\widetilde{x}_{i} \widetilde{x}_{i+1}}\right)=\widetilde{\varangle} x_{i+1} x_{i} x_{i-1}
$$

Proof. For a proof of property (D) see [CE] or [Kar] who primarily proves a generalization of property (A) namely that even every secant of $\triangle x_{1} x_{2} x_{3}$ is longer than the corresponding secant in the comparison triangle (not just the ones starting at a vertex). However, property (A) as well as (B) can also be deduced from property (D) by the fact that in $M_{\kappa}^{2}$ the length of a side of a triangle with minimizing sides varies monotonically with the opposite angle. Property (C) can be reduced to the Euclidean case by using (D).

One can even refine the assertions of the Theorem: In [CE] it is shown that in (D) instead of claiming that all sides of $\triangle x_{1} x_{2} x_{3}$ are minimizing, it suffices to assume that e.g. the sides $\overline{x_{1} x_{2}}$ and $\overline{x_{2} x_{3}}$ are minimizing and the length of $\overline{x_{3} x_{1}}$ does not exceed $\frac{\pi}{\sqrt{\kappa}}$. The assertion then holds for $i=1,3$. Similarly, in (A) it is enough to claim that the sides $\overline{x_{1} x_{2}}$ and $\overline{x_{1} x_{3}}$ are minimizing and the length of $\overline{x_{2} x_{3}}$ is not larger than $\frac{\pi}{\sqrt{\kappa}}$ or the other way round. Analogously, we may generalize (B) to the case where one geodesic is minimizing and the other has length not larger than $\frac{\pi}{\sqrt{\kappa}}$.

It is also possible to formulate a localized version of Toponogov's Theorem: After inspecting the proof, it becomes clear that in order to ensure property (A) we just have to claim that if $\triangle x_{1} x_{2} x_{3} \subset B_{r}\left(x_{1}\right)$, the sectional curvatures $K \geq \kappa$ on $B_{3 r}\left(x_{1}\right)$ and the ball is relatively compact in $M$. Analogously, (B) holds if we have the curvature bound on the relatively compact ball $B_{r}(x) \subset M$ and $\gamma, \sigma \subset B_{r}(x)$. (C) holds if we have the curvature bound on the compact ball $B_{r}\left(x_{0}\right)$ and $x_{1}, x_{2}, x_{3} \in B_{r}\left(x_{0}\right)$. Last but not least ( D ) is true if the curvature bound holds on the compact ball $B_{r}\left(x_{i}\right)$ and $x_{i-1}, x_{i+1} \in B_{r}\left(x_{i}\right)$.

Toponogov's theorem gives us a tool to synthesize the sectional curvature bound $K \geq \kappa$ :
Definition 1.3.2 (Alexandrov space). A locally compact complete length space $(X, d)$ is called an Alexandrov space of curvature $\geq \kappa$ if one of the (equivalent) properties ( $A$ ), (B) or (C) in Theorem 1.3.1 is satisfied.

A length space $X$ is said to be locally Alexandrov of curvature $\geq \kappa$ in $x \in X$ if $X$ is locally compact in $x$ and there is a neighborhood $U$ of $x$ such that property ( $A$ ), (B) or (C) apply for all triangles, minimizing geodesics resp. points in $U$.

In fact, properties (A), (B) and (C) can be shown to be equivalent in locally compact complete length spaces. For a proof see [BGP, §2]. Moreover, with the help of property (B) we can define the angle between two geodesics $\gamma, \sigma \subset X$ starting in some point $x \in X$ by

$$
\varangle_{x}(\gamma, \sigma):=\lim _{s, t \rightarrow 0} \tilde{\varangle} \gamma(t) x \sigma(s)
$$

It is easy to prove that property ( $\mathrm{D)} \mathrm{holds} \mathrm{in} \mathrm{Alexandrov} \mathrm{spaces}$.
Using property (C) we easily conclude that the Alexandrov property is closed under Gromov-Hausdorff limits (see chapter 3), i.e. the limit of a sequence of Alexandrov spaces of curvature $\geq \kappa$ is again an Alexandrov space of curvature $\geq \kappa$.

Note that our definition for Alexandrov spaces differs from the definition given in [BGP]. In this paper the authors only assume that the space is locally Alexandrov. Next they prove in a globalization theorem that this definition is equivalent to the one stated above.

### 1.4 Topology and geometry of manifolds with curvature bounded from below

The assumptions Ric $\geq(n-1) \kappa$ or $K \geq \kappa$ have strong topological and geometric implications. For example recall Toponogov's Theorem 1.3.1 at this point. In the case of bounded Ricci curvature we have the following result (see [dCa, $9 \S 3]$ ):

Theorem 1.4.1 (Bonnet, Myers). A complete connected Riemannian manifold ( $M, g$ ) with Ric $\geq(n-1) \kappa>0$ has diameter $\operatorname{diam} M \leq \frac{\pi}{\sqrt{\kappa}}$ and thus is compact.

Moreover, we conclude that the fundamental group of any compact manifold $M$ with Ric $>0$ must be finite.

Theorem 1.4.1 is a direct consequence of a more general result (see [Kar, 1.9.2]):

Theorem 1.4.2 (Bishop, Gromov). Let $\left(M^{n}, g\right)$ be a complete Riemannian manifold with Ric $\geq(n-1) \kappa, x \in M$ and $x_{0} \in M_{\kappa}^{n}$. Then the quantity

$$
\frac{\operatorname{vol} B_{r}^{M}(x)}{\operatorname{vol} B_{r}^{M_{n}^{n}}\left(x_{0}\right)}
$$

is noninreasing in $r$ and its limit for $r \rightarrow 0$ is 1 .
In the case of nonnegative Ricci curvature, we cannot assume compactness. However, we have the Ricci splitting Theorem (see [CG]):

Theorem 1.4.3 (Cheeger, Gromoll). Assume that $\left(M^{n}, g\right)$ is a connected Riemannian manifold of nonnegative Ricci curvature that contains a line $\gamma$. Then isometrically $M \cong$ $N \times \mathbb{R}$ where $N^{n-1}$ is a complete manifold of nonnegative Ricci curvature. Moreover, the product can be chosen such that $\gamma$ is parallel to the $\mathbb{R}$ factor (i.e. $\gamma=\{x\} \times \mathbb{R}$ for some $x \in N)$.

The theorem has strong topological implications: Let $M$ be a connected noncompact Riemannian manifold. Let $K \subset M$ be a compact subset. We call the noncompact components of $M \backslash K$ the ends of $M$. Assume now that $M$ carries a complete metric $g$ of nonnegative Ricci curvature. If $K$ can be chosen such as to produce at least two ends $M_{1}, M_{2} \subset M \backslash K$, we can find a sequence of minimizing geodesics $\gamma_{k}$ connecting $M_{1}$ with $M_{2}$ such that the endpoints lie further and further away from $K$. Since the $\gamma_{k}$ have to pass $K$, they subconverge to a line $\gamma \subset M$ and by the Ricci splitting theorem we must have $M \cong N \times \mathbb{R}$ and the projection of $K$ to $N$ must be $N$. Hence $N$ is compact. We get that $M$ can only have one or two ends.

In dimension two there are only two compact connected manifolds that admit a metric of positive curvature: the sphere $S^{2}$ and the projective space $\mathbb{R} P^{2}$. If we relax the condition of positive curvature to nonnegative curvature we have to add the torus $T^{2}$ and the Klein bottle $K^{2}$ to our list. This is a consequence of the Gauß-Bonnet Theorem (see [Ber, Sec 15.7])

Theorem 1.4.4 (Gauß-Bonnet). Let $(M, g)$ be a closed surface and denote $\chi(M)$ its Euler characteristic. Then

$$
\chi(M)=\frac{1}{4 \pi} \int_{M} S \mathrm{~d} \mu .
$$

The only noncompact complete 2-manifolds are $\mathbb{R}^{2}, S^{1} \times \mathbb{R}$ or the Möbius strip Moe ${ }^{2}$ (this is a consequence of the Soul Therem 1.4.8 mentioned below).

In dimension three Richard Hamilton has shown in [Ham1] using the fact that a metric of positive Ricci curvature gets asymptotically round under the Ricci flow:

Theorem 1.4.5 (Hamilton). If a compact manifold $M^{3}$ admits a metric of positive Ricci curvature then it even carries a metric of constant positive sectional curvature.
Thus $M$ is diffeomorphic to a spherical space form.
Recall that a 3 dimensional spherical space form is a manifold that is diffeomorphic to a quotient $S^{3} / \Gamma$ of the round 3 -sphere where $\Gamma \triangleleft \operatorname{Isom} S^{3}$ is a discrete subgroup acting freely on $S^{3}$. For the classification of spherical space forms see [Wol].

Moreover, by the strong maximum principle (see Theorem 2.5.4) we can show that if $M$ only admits metrics of nonnegative but not of positive Ricci curvature then $M$ has at least one parallel nonzero vector field $X \in \Gamma T M$ with $\operatorname{Ric}(X, X)=0$. So the 1 -form $\alpha:=\langle X, \cdot\rangle \in \Omega^{1} M$ is harmonic and Hodge theory ${ }^{1}$ theory gives us that $H^{1}(M ; \mathbb{R}) \neq 0$.

[^0]This forces the universal cover $\widetilde{M}$ of $M$ to be noncompact. Since $\pi_{1} M$ acts cocompactly on the universal cover, $\widetilde{M}$ contains a line and by the Ricci splitting Theorem 1.4.3 we have $\widetilde{M} \cong N \times \mathbb{R}$ where $N^{2}$ has nonnegative curvature. By the strong maximum principle applied to the Ricci flow on $N$ we can assume that $N$ is either positively curved or flat, hence $N \approx S^{2}$ or $N \cong \mathbb{R}^{2}$.

We can prove that in the case $N \approx S^{2}$ the manifold $M$ is diffeomorphic to a metric quotient of the round cylinder ${ }^{2} S^{2} \times \mathbb{R}$. So in the first case $M$ is diffeomorphic to one of the following manifolds: $S^{2} \times S^{1}, S^{2} \widetilde{\times} S^{1}:=S^{2} \times S^{1} / \sim($ where $(x, y) \sim(-x,-y)$ ), $\mathbb{R} P^{3} \# \mathbb{R} P^{3}$ or $\mathbb{R} P^{2} \times S^{1}$.

In the second case, $\widetilde{M}$ is isometric to 3 dimensional Euclidean space. We can apply the Bieberbach Theorem (Corollary 4.1.13 and Proposition 4.2.4 in [Thu]).

Theorem 1.4.6 (Bieberbach). Let $\Gamma<\operatorname{Isom} \mathbb{R}^{n}$ be a discrete group of isometries of $\mathbb{R}^{n}$. Then there is a subgroup $\Gamma^{\prime} \leq \Gamma$ of finite index and a unique $\Gamma^{\prime}$-invariant affine subspace $V \subset \mathbb{R}^{n}$ on which $\Gamma^{\prime}$ acts cocompactly by translations.

Thus $M$ is diffeomorphic to a metric quotient of a flat torus $T^{3}$ (for a classification of the flat 3-manifolds see [Sco] or [Wol]). Observe that any metric of nonnegative Ricci curvature on one of these manifolds is automatically flat: It is enough to show this statement for the torus $T^{3}$. Since $\mathbb{Z}^{3}=\pi_{1} T^{3}$ acts cocompactly on the universal cover, $\widetilde{M}$ contains a line and by the Ricci splitting Theorem $\widetilde{M} \cong N \times \mathbb{R}$. Again, $N$ is noncompact and we have a cocompact operation of $\mathbb{Z}^{3}$ on $N$. Thus $N \cong \mathbb{R}^{2}$. For completeness we mention that this fact is an immediate consequence of the Bochner Theorem (see [Bal2, 1.3]):

Theorem 1.4.7 (Bochner). Let $M$ be a closed and connected Riemannian manifold of nonnegative Ricci curvature. Then $b_{1}(M)=\operatorname{dim} H^{1}(M, \mathbb{R}) \leq n$ and equality holds if and only if $M$ is flat.
Moreover, there are exactly $b_{1}(M)$ linearly independent parallel vector fields $X_{1}, \ldots, X_{b_{1}(M)} \in$ ГТ $М$.

The assumption of nonnegative sectional curvature has even stronger implications on the topology of the manifold:

Theorem 1.4.8 (Soul theorem). Let $\left(M^{n}, g\right)$ be a complete noncompact Riemannian manifold of nonnegative sectional curvature. Then $M$ contains a compact totally geodesic and totally convex submanifold $S \subset M$ whose induced metric has nonnegative Ricci curvature.
Moreover, $M$ is diffeomorphic to the normal bundle $\nu(S)$ of $S$ in $M$.
If $M$ has everywhere positive sectional curvature, then the soul $S$ is always a point and $M$ is diffeomorphic to $\mathbb{R}^{n}$.

We are now able to classify all topological types of noncompact complete Riemannian 3-manifolds $M$ with nonnegative sectional curvature: Let $S$ be a soul of $M$.

If $S$ is a point, we have $M \approx \mathbb{R}^{3}$.
If $S$ is one dimensional, it has to be diffeomorphic to $S^{1}$. Hence, in this case $M$ is diffeomorphic to a plane bundle over $S^{1}$. We conclude that $M \approx S^{1} \times \mathbb{R}^{2}$ or Moe ${ }^{2} \times \mathbb{R}$. In both cases the lift $\widetilde{S}$ of $S$ in the universal cover $\widetilde{M}$ is a line. So by the Ricci splitting Theorem we have $\widetilde{M} \cong \mathbb{R} \times N$, where $N$ is a 2 -manifold of nonnegative curvature. Hence $M \cong \mathbb{R} \times N / \Gamma$ where $\Gamma=1$ or $\Gamma=\langle(s, \Phi)\rangle$ for an $s>0$ and an isometry $\Phi: N \rightarrow N$ that fixes a point.

[^1]Finally, if $S$ is two dimensional, we have $S \approx S^{2}, \mathbb{R} P^{2}, T^{2}$ or $K^{2}$ and $M$ is either diffeomorphic to $S \times \mathbb{R}$ or it is a twisted line bundle over $S$. In the case $S \approx S^{2}$ or $\mathbb{R} P^{2}$ there are the following possibilities: $M \approx S^{2} \times \mathbb{R}, \mathbb{R} P^{2} \times \mathbb{R}$ or $S^{2} \widetilde{\times} \mathbb{R}:=\left(S^{2} \times \mathbb{R}\right) / \sim$ (where $(a, b) \sim(-a,-b)$ ). If $S \approx T^{2}$ or $K^{2}$, then the lift $\widetilde{S}$ of $S$ in the universal cover $\widetilde{M}$ is isometric to $\mathbb{R}^{2}$ and totally geodesic. Hence by the Ricci splitting Theorem $M$ is flat and isometric to a quotient of the Euclidean space $\mathbb{R}^{3}$ (for a classification of the flat 3 -manifolds see again [Wol]).

### 1.5 Cones

Definition 1.5.1. Let $\left(N, d_{N}\right)$ be a metric space with $\operatorname{diam} N \leq \pi$. Denote $C=\operatorname{Cone}(N):=$ $N \times[0, \infty) / \sim$ where $\left(\alpha_{1}, 0\right) \sim\left(\alpha_{2}, 0\right)$ for all $\alpha_{1}, \alpha_{2} \in N$. We define a metric $d_{C}$ on $C$ by

$$
d_{C}\left(\left(\alpha_{1}, s_{1}\right),\left(\alpha_{2}, s_{2}\right)\right):=\sqrt{s_{1}^{2}+s_{2}^{2}-2 s_{1} s_{2} \cos d_{N}\left(\alpha_{1}, \alpha_{2}\right)}
$$

Then $\left(C, d_{C}\right)$ becomes a metric space which we call the (metric) cone over $N$ and $p:=$ [ $N \times\{0\}]$ its tip.

The cone $C$ is called smooth if $C_{0}:=C \backslash\{p\}$ carries the structure of a smooth manifold with Riemannian metric $g_{C}$ whose path metric is locally isometric to $d_{C}$.

Observe that by the above Definition e.g. the set $\left\{\left(x_{0}, x_{1}, x_{2}\right) \in \mathbb{R}^{3}: x_{0}^{2}=x_{1}^{2}+\right.$ $\left.x_{2}^{2}, x_{0} \geq 0\right\} \subset \mathbb{R}^{3}$ with the restricted metric is not a smooth cone since it is not locally a length space. Furthermore, there are smooth cones $C$ with the property that $d_{C}$ is not globaly isometric to the path metric of $g_{C}$ (consider for example the case in which $N=S^{1}$ and $d_{N}=\frac{1}{2} d_{S^{1}}+\frac{1}{2} \Phi^{*} d_{S^{1}}$ where $\Phi: S^{1} \rightarrow S^{1}$ denotes the double cover and $d_{S^{1}}$ the angle metric, i.e. $\left.d_{S^{1}}\left(e^{i \alpha}, e^{i \beta}\right)=\left|\arg e^{i(\alpha-\beta)}\right|\right)$.

In the following we use the scalar function $r: C \rightarrow[0, \infty)$ to denote the radial distance from the tip, $r:=d_{C}(p, \cdot)=\operatorname{pr}_{2}$. For every $\lambda>0$ there is the canonical homothety $T_{\lambda}: C \rightarrow C$ with $T_{\lambda}[(\alpha, s)]=[(\alpha, \lambda s)]$. Obviously $T_{\lambda}^{*} d_{C}=\lambda d_{C}$. Note that $T_{[0, \infty)} x$ is a geodesic ray for all $x \in C_{0}$. So if $C$ is smooth, $t \mapsto T_{t} x$ is smooth in $t$ and we may define the vector field $\partial_{r}$ on $C_{0}$ by $\left(\partial_{r}\right)_{x}: \left.=\frac{1}{r} \frac{\mathrm{~d}}{\mathrm{~d} t} \right\rvert\, t=1 T_{t} x$. So $\left\|\partial_{r}\right\|=1$. Moreover, $T_{e^{t}}$ is the flow of the vector field $Z=r \partial_{r}$. Observe that we do not a priorily know that $\partial_{r}$ or $Z$ is smooth.

Proposition 1.5.2. Let $C=\operatorname{Cone}(N)$ be a smooth cone. Then $r$ and $\partial_{r}$ are smooth on $C_{0}$ and $N$ can be given the structure of a Riemannian manifold with metric $g_{N}$ such that $C_{0}=N \times(0, \infty)$ as a smooth manifold and the Riemannian metric $g_{C}$ on $C_{0}$ has the form

$$
\begin{equation*}
g_{C}=r^{2} g_{N}+\mathrm{d} r \otimes \mathrm{~d} r . \tag{1.1}
\end{equation*}
$$

Moreover, we have

$$
\begin{equation*}
\nabla_{v}\left(r \partial_{r}\right)=v \quad \text { and } \quad R\left(v, \partial_{r}\right) \partial_{r}=0 \tag{1.2}
\end{equation*}
$$

for any vector $v \in T C_{0}$.
Proof. Observe that for any $\lambda>0$ the map $T_{\lambda}: C \rightarrow C$ is smooth on $C_{0}$ since it is locally an isometry of the path metrics of $\left(C_{0}, g_{C}\right)$ and $\left(C_{0}, \frac{1}{\lambda^{2}} g_{C}\right)$.

Consider the vector field $Z:=r \partial_{r}$. So for any $x \in C_{0}$ we have $Z_{x}=\left.\frac{\mathrm{d}}{\mathrm{d} t}\right|_{t=1} T_{t} x$. Then, $\|Z\|=r=\mathrm{pr}_{2}$. We will show that $Z$ is smooth. This will then imply the smoothness of $r$ and $\partial_{r}$.

Let $x \in C_{0}$. Choose a neighborhood $U \subset C_{0}$ around $x$ such that between any pair of points $y, z \in U$ there exists a unique minimizing geodesic $\gamma_{y, z}:[0,1] \rightarrow C_{0}$ that depends smoothly on $y$ and $z$. Consider a small embedding of an $n-1$ ball $\Phi: \mathbb{B}^{n-1} \rightarrow U$ with
$0 \mapsto x$ such that the image is transverse to the geodesic $T_{[0, \infty)} x$ in $x$. Moreover, choose a small $\delta>0$ such that $T_{[1,1+\delta]} \Phi\left(\mathbb{B}^{n-1}\right) \subset U$ and define

$$
\Psi: \mathbb{B}^{n-1} \times[0,1] \rightarrow C_{0} \quad(q, t) \mapsto \gamma_{\Phi(q), T_{1+\delta} \Phi(q)}(t)=T_{1+t \delta} \Phi(q) .
$$

$\Psi$ is a local diffeomorphism at $(0,0)$ and carries the (smooth) vector field $\left(0, \frac{1+t \delta}{\delta} \partial_{t}\right)$ on $\mathbb{B}^{n-1} \times[0,1]$ over to the vector field $Z$. Thus $Z$ is smooth in $x$.

Since $\partial_{r} \cdot r=1$ we conclude that $r$ does not have any critical points on $C_{0}$. So if we identify $N$ with $r^{-1}(1)$, we find $C_{0}=N \times(0, \infty)$ in the smooth sense. Let $g_{N}:=\iota_{N}^{*} g_{C_{0}}$, where $\iota: N \rightarrow C_{0}$ is the above embedding. It is easy to see that (1.1) holds.

As for assertion (1.2) we observe that for any two vectors $v, w \in T_{x} C_{0}$ we have $\left\langle\nabla_{v} \partial_{r}, w\right\rangle=\left\langle\nabla_{v} \nabla r, w\right\rangle=\nabla_{v, w}^{2} r$, so $\nabla . \partial_{r}$ is a symmetric endomorphism and so is $\nabla \cdot Z=$ $\mathrm{d} r \otimes \partial_{r}+r \nabla . \partial_{r}$. Hence we get

$$
2\langle v, w\rangle=\left(\left.\frac{\mathrm{d}}{\mathrm{~d} t}\right|_{t=0} T_{e^{t}}^{*} g\right)(v, w)=\left(\mathcal{L}_{Z} g\right)(v, w)=\left\langle\nabla_{v} Z, w\right\rangle+\left\langle\nabla_{w} Z, v\right\rangle=2\left\langle\nabla_{v} Z, w\right\rangle .
$$

This shows the first part of (1.2). As for the second part we extend $v$ to a vector field $V \in \Gamma\left(T C_{0}\right)$ with $V_{x}=v$ and $[V, Z]_{x}=0$ and get

$$
R(v, Z) Z=\left(\nabla_{V} \nabla_{Z} Z-\nabla_{Z} \nabla_{V} Z\right)_{x}=\left(\nabla_{V} Z-\nabla_{Z} V\right)_{x}=0 .
$$

## Chapter 2

## Basics on Ricci flow

### 2.1 Notations and conventions

Let $M$ be an $n$ dimensional manifold and $\left(g_{t}\right)_{t \in I}$ a smooth family of Riemannian metrics parameterized by an interval $I$. For $t \in I$ denote the Riemannian curvature tensor of $\left(M, g_{t}\right)$ by $R_{t}$, the Ricci tensor by Ric $_{t}$, the scalar curvature by $S(\cdot, t)$ and the path metric by dist $t_{t}$. Analogously we define the geometric quantities $\operatorname{diam}_{t}$, vol ${ }_{t}$ and the Riemannian measure $\mu_{t}$. Furthermore, we denote distance balls by $B_{r}(x, t):=B_{r}^{\left(M, g_{t}\right)}(x) \subset M$. Depending on the situation we sometimes assume $B_{r}(x, t)$ to lie in $M \times\{t\}$. For $\Delta t \in \mathbb{R}$ we define the parabolic neighborhood $P(x, t, r, \Delta t):=B_{r}(x, t) \times([t, t+\Delta t] \cap I)$ if $\Delta t \geq 0$ resp. $P(x, t, r, \Delta t):=B_{r}(x, t) \times([t+\Delta t, t] \cap I)$ if $\Delta t \leq 0$.

Assume now that the metric $g_{t}$ satisfies

$$
\frac{\partial}{\partial t} g_{t}=-2 \operatorname{Ric}_{t}
$$

everywhere on $M \times I$. Then we say that $\left(M \times I, g_{t}\right)$ is a Ricci flow or a Ricci flow solution that we will also denote by $M \times I$ if there is no chance of confusion. We call $I$ the time interval and the elements of $I$ the times. For $t \in I$ we denote by $M(t):=\left(M, g_{t}\right)$ or sometimes $\left(M \times\{t\}, g_{t}\right)$ the time $t$ slice.

Let $\left(S^{2}, g\right)$ be the round 2 -sphere that has constant scalar curvature 1. Unlike in most other texts on differential geometry we will refer to this metric as the standard round metric. Note that the metric that is usually refered to as the standard round metric is $\frac{1}{2} g$. It is easy to check that $\left(S^{2} \times(-\infty, 1),(1-t) g\right)$ is a Ricci flow on a maximal time interval. Observe that the scalar curvature at time $t$ is equal to $\frac{1}{1-t}$. We will refer to this flow as the standard round shrinking $S^{2}$ and the product flow that is $\left(S^{2} \times \mathbb{R}\right) \times(-\infty, 0]$ as the standard round shrinking cylinder. Analogously we can proceed in higher dimensions: For $n \geq 2$ consider the round metric $g$ on $S^{n}$ that has scalar curvature 1. Then ( $S^{3} \times$ $\left.\left(-\infty, \frac{n}{2}\right),\left(1-\frac{2}{n} t\right) g\right)$ is a Ricci flow on a maximal that will be called the standard round shrinking $S^{n}$.

Let $\left(\Phi_{t}\right)_{t \in I}$ be a smooth family of diffeomorphisms $\Phi_{t}: M \rightarrow M$ and consider smooth families of Riemannian metrics $\left(g_{t}\right)_{t \in I}$ on $M$ that are of the form $g_{t}=\lambda(t) \Phi_{t}^{*} g$ where $g$ is a Riemannian metric on $M$ and $\lambda: I \rightarrow \mathbb{R}_{+}$a smooth scalar function. If $\left(g_{t}\right)$ satisfies the Ricci flow equation, then we call $\left(M \times I, g_{t}\right)$ a soliton. Consider first the case in which $\Phi_{t}$ is the flow of a vector field $V \in \Gamma T M$ and $\lambda \equiv 1$. Then the Ricci flow equation for $\left(g_{t}\right)$ is equivalent to

$$
\operatorname{Ric}+\frac{1}{2} \mathcal{L}_{V} g=0 .
$$

If $V$ is the gradient of a function $f$ with respect to the metric $g$, we call $M \times I$ or $(M, g)$ a gradient soliton or a steady gradient soliton. Observe that in this case we have

$$
\operatorname{Ric}+\nabla^{2} f=0
$$

On the other hand, it can be shown that if $\Phi_{t}$ is the flow of the time dependend vector field $\frac{1}{t} V$ (for some vector field $V$ on $M$ ) and if $\lambda(t)=c t$ for some $c \neq 0$, then $\left(g_{t}\right)$ is a Ricci flow if and only if

$$
\operatorname{Ric}+\frac{c}{2} \mathcal{L}_{V} g+\frac{c}{2} g=0
$$

In the case in which $V=\nabla f$ this becomes

$$
\text { Ric }+c \nabla^{2} f+\frac{c}{2} g=0 .
$$

If $c>0$, then $I \subset(0, \infty)$ and we call $M \times I$ or $(M, g)$ an expanding gradient soliton. On the other hand, if $c<0$, we have $I \subset(-\infty, 0)$ and $M \times I$ or $(M, g)$ is called a gradient shrinking soliton.

### 2.2 Parabolic rescaling

Obviously, if $\left(M \times I, g_{t}\right)$ is a Ricci flow, then so is $\left(M^{\prime} \times I^{\prime}, g_{t^{\prime}}^{\prime}\right)=\left(M \times\left(\lambda^{2} I\right), \lambda^{2} g_{\lambda-2}\right)$ for $\lambda>0$ (here $\lambda^{2} I$ denotes the scaled interval, e.g. $\lambda^{2} I=\left[\lambda^{2} T_{1}, \lambda^{2} T_{2}\right]$ if $I=\left[T_{1}, T_{2}\right]$ ). We call this process parabolic rescaling and $\lambda$ the scaling factor. Moreover, we write $M^{\prime} \times I^{\prime}=\lambda(M \times I)$.

It is important to keep in mind how geometric quantities rescale: The scalar curvature $S^{\prime}\left(x, t^{\prime}\right)$ of the rescaled Ricci flow equals $\lambda^{-2} S\left(x, \lambda^{-2} t^{\prime}\right)$. Analogously, the sectional curvature $K_{x, t^{\prime}}^{\prime}$ is equal to $\lambda^{-2} K_{x, \lambda^{-2} t^{\prime}}$. The Ricci tensor viewed as element of $\Gamma\left(\operatorname{End}^{\text {sym }} \Lambda_{2} T M\right)$ and the Riemmanian curvature tensor $R \in \Gamma\left(T_{1}^{3} T M\right)$ do not change under parabolic rescaling except for the dilation in time. Finally, for the Riemannian measure we have $\mu_{t^{\prime}}^{\prime}=\lambda^{n} \mu_{\lambda^{-2} t^{\prime}}$.

### 2.3 Distance distortion estimates

We mention two results that give bounds on the distortion of the distance function in terms of bounds on the curvature. For the proofs see [KL, Sec 27].

Theorem 2.3.1. Let $M \times\left[t_{1}, t_{2}\right]$ be a Ricci flow on an $n$ dimensional manifold. Suppose that the Ricci curvature satisfies $(n-1) \kappa_{\min } \leq \operatorname{Ric} \leq(n-1) \kappa_{\max }$. Then

$$
e^{-(n-1) \kappa_{\max }\left(t_{2}-t_{1}\right)} \leq \frac{\operatorname{dist}_{t_{2}}(x, y)}{\operatorname{dist}_{t_{1}}(x, y)} \leq e^{(n-1) \kappa_{\min }\left(t_{2}-t_{1}\right)}
$$

for any distinct $x, y \in M$.
This theorem implies the following fact: If $M \times I$ is a Ricci flow with bounded Ricci curvature and one time slice $M(t)$ is complete, then all time slices are complete.

Theorem 2.3.2. There is a constant $C_{n}<\infty$ depending only on the dimension $n$ such that the following holds:
Let $M \times I$ be a Ricci flow on an $n$ dimensional manifold and let $t_{0} \in I$ be not the initial time. Assume that $M\left(t_{0}\right)$ is complete and satisfies Ric $\leq(n-1) \kappa$. Then in the barrier sense we have

$$
\left.\frac{\mathrm{d}}{\mathrm{~d} t^{-}}\right|_{t=t_{0}} \operatorname{dist}_{t}(x, y) \geq-C_{n} \sqrt{\kappa}
$$

for any $x, y \in M$.
Observe that the bound is independent of the distance itself.

### 2.4 Evolution of geometric quantities

It is easy to deduce that the Riemannian measure satisfies

$$
\dot{\mu}_{t}=-S \mu_{t}
$$

under the Ricci flow.
We will now briefly discuss the results obtained in [LB1]. Consider a Ricci flow $M \times I$ on an $n$ dimensional manifold $M$. Let $\pi: M \times I \rightarrow M$ be the natural projection and consider the pullback $T^{\text {spat }}(M \times I):=\pi^{*} T M$ of the tangent bundle $T M$ and pullbacks $T_{l}^{k} T^{\text {spat }}(M \times I)=T_{l}^{k} \pi^{*} T M=\pi^{*} T_{l}^{k} T M$ of higher tensor bundles. There is a natural metric connection $\bar{\nabla}$ on $T^{\text {spat }}(M \times I)$ with respect to the pulled back Riemannian metric: Let $T:=\left(0, \partial_{t}\right) \in \Gamma T(M \times I)$. For spatial vector fields $X, Y \in \Gamma T^{\mathrm{spat}}(M \times I) \subset \Gamma T(M \times I)$ we define $\bar{\nabla}$ by

$$
\bar{\nabla}_{X} Y:=\nabla_{X} Y \quad \text { and } \quad \bar{\nabla}_{T} X=\frac{\partial}{\partial t} X-\operatorname{Ric}(X) .
$$

It is easy to check that $\bar{\nabla} g=0$. If $\mathrm{d} t \in \Omega^{1}(M \times I)$ denotes the pullback of the 1 -form $\mathrm{d} t \in \Omega^{1}(I)$ under the projection $M \times I \rightarrow I$, we can write

$$
\bar{\nabla}=\nabla^{\prime}-\operatorname{Ric} \otimes \mathrm{d} t
$$

where $\nabla^{\prime}$ denotes the connection on $\pi^{*} T M$ which is $\nabla$ on the $M$ factor of $M \times I$ and $\frac{\partial}{\partial t}$ on the second. The connection $\bar{\nabla}$ naturally induces connections on the higher tensor bundles $T_{l}^{k} T^{\text {spat }}(M \times I)$ wich we will also denote by $\bar{\nabla}$.

Now it is very convenient to express the $\bar{\nabla}_{T}$ derivative of the Riemannian curvature (as derived in [LB1]): For two vector fields $X, Y \in \Gamma T^{\text {spat }}(M \times I)$ we have

$$
\begin{equation*}
\left(\bar{\nabla}_{T} R\right)(X, Y)=(\triangle R)(X, Y)+\operatorname{tr} R(R(X, Y) \cdot, \cdot)-2 \operatorname{tr}[R(X, \cdot), R(Y, \cdot)] . \tag{2.1}
\end{equation*}
$$

Note that one major advantage of considering the $\bar{\nabla}_{T}$ derivative instead of $\nabla_{T}^{\prime}$ is that the evolution of $R$ takes this form no matter whether we consider the $R$ to be a $(1,3)$ tensor, a ( 2,2 ) tensor etc. We can even express (2.1) in a more elegant way: Let $\hat{R} \in$ $\Gamma \operatorname{End}{ }^{\text {sym }}\left(\Lambda^{2} T^{\text {spat }} M\right)$ be the Riemannian curvature operator. Then we have

$$
\bar{\nabla}_{T} \hat{R}=\triangle \hat{R}+2 \hat{R}^{2}+2 \hat{R}^{\#}
$$

Here $\hat{R}^{\#}=\hat{R} \# \hat{R}=\operatorname{ad} \circ(R \wedge R) \circ \operatorname{ad}^{*}$ where ad $: \Lambda^{2}\left(\Lambda^{2} T^{\text {spat }} M\right) \cong \Lambda^{2} \operatorname{so}(n) \rightarrow \operatorname{so}(n)$ denotes the Lie bracket (see [BW] for more details).

By contracting we can deduce the evolution equation for the Ricci curvature

$$
\bar{\nabla}_{T} \operatorname{Ric}=\triangle \operatorname{Ric}+2 \sum_{i} R\left(\cdot, e_{i}\right)\left(\operatorname{Ric} e_{i}\right)
$$

for any orthonormal frame $\left(e_{i}\right)$. The evolution of the scalar curvature becomes

$$
\begin{equation*}
\dot{S}=\frac{\partial}{\partial t} S=\triangle S+2 \| \text { Ric } \|^{2} \tag{2.2}
\end{equation*}
$$

As derived in [LB1], the evolution of the norms of higher curvature derivatives takes the following form:

$$
\begin{equation*}
\left(\left\|\nabla^{l} R\right\|^{2}\right)=\triangle\left(\left\|\nabla^{l} R\right\|^{2}\right)-2\left\|\nabla^{l+1} R\right\|^{2}+\sum_{\substack{i+j=l, i, j \geq 0}} \nabla^{i} R * \nabla^{j} R * \nabla^{k} R \tag{2.3}
\end{equation*}
$$

for $l \geq 0$. Here $\nabla^{i} R * \nabla^{j} R * \nabla^{k} R$ denotes some unspecified contraction of the tensor $\nabla^{i} R \otimes \nabla^{j} R \otimes \nabla^{k} R$ that is equivariant under the action of the orthogonal group.

### 2.5 Maximum principles

In order to estimate solutions to equations of heat type we can use the weak maximum principle. We first mention an easy result (for a proof see e.g. [CLN, Sec 2.3]):

Theorem 2.5.1 (Weak maximum principle, baby case). Let ( $M, g$ ) be a compact Riemannian manifold and $u: M \times\left[0, T_{0}\right) \rightarrow \mathbb{R}$ be a smooth scalar function satisfying

$$
\dot{u} \geq \triangle u
$$

Now if $u(\cdot, 0) \geq 0$ on $M$, then $u \geq 0$ everywhere on $M \times\left[0, T_{0}\right)$.
The assertion stays true if we just require the differential inequality to hold in the barrier sense. We can refine this result to the case in which the solution $u$ lives in a vector bundle (see [Ham3, Lem 8.1] or [Lee2])

Theorem 2.5.2 (Weak maximum principle, bundle case). Let $M$ be a compact manifold with boundary and $\left(g_{t}\right)_{t \in\left[0, T_{0}\right)}$ a smooth family of Riemannian metrics. Furthermore, let $E \rightarrow M \times\left[0, T_{0}\right)$ be a Euclidean vector bundle equipped with a metric connection $\nabla$. Consider a closed subbundle $C \subset E$ of convex sets $C_{x, t} \subset E_{x, t}$ that is parallel in spatial direction and a smooth vertical vector field $\Phi \in \Gamma T E$ that has the property that the flow of the vector field $\Phi+\nabla_{T}$ preserves $C$ (here $\nabla_{T}$ denotes the vector field on $E$ that is horizontal with respect to $\nabla_{T}$ and projects down to the vector field $T$ on $M$ ).
Now if $u \in \Gamma\left(M \times\left[0, T_{0}\right), E\right)$ satisfies the $P D E$

$$
\nabla_{T} u=\triangle u+\Phi(u, t)
$$

and if $u \in C$ on $\partial_{\text {par }}\left(M \times\left[0, T_{0}\right)\right):=M \times\{0\} \cup \partial C \times\left[0, T_{0}\right)$, then $u \in C$ everywhere on $M \times\left[0, T_{0}\right)$.

There are ways of getting rid of the assumption that $M$ be compact. However, in this case we have to assume that the solution $u$ satisfies some bounds depending on the distance to a basepoint (see [CLN, Sec 7.4] or [Bam1]).

We now discuss the equality case:
Theorem 2.5.3 (Strong maximum principle, baby case). Let $(M, g)$ be a not necessarily compact Riemannian manifold and $u: M \times[0, T) \rightarrow \mathbb{R}$ a smooth scalar function satisfying

$$
\dot{u} \geq \triangle u \quad \text { and } \quad u \geq 0
$$

If $u(x, t)=0$ for some $x \in M$ and $t>0$, then we already have $u=0$ on $M \times[0, t]$.
In the bundle case we have (see again [Lee2])
Theorem 2.5.4 (Strong maximum principle, bundle case). Let $M$ be a not necessarily compact manifold and $\left(g_{t}\right)_{t \in\left[0, T_{0}\right)}$ a smooth family of Riemannian metrics. Furthermore, let $E \rightarrow M \times\left[0, T_{0}\right)$ be a Euclidean vector bundle equipped with a metric connection. Consider a closed subbundle $C \subset E$ of convex sets $C_{x, t} \subset E_{x, t}$ that is parallel in space and (!) time direction and a vertical vector field $\Phi \in \Gamma T E$ as in Theorem 2.5.2. Assume that $u \in \Gamma\left(M \times\left[0, T_{0}\right), E\right)$ satisfies

$$
\nabla_{T} u=\triangle u+\Phi(u, t) \quad \text { and } \quad u \in C \quad \text { everywhere on } M \times\left[0, T_{0}\right)
$$

Now if $u(x, t) \in \partial C$ for some $x \in M$ and $t>0$, then we have $u \in \partial C$ everywhere on $M \times[0, t]$.
Moreover, for any $\left(x^{\prime}, t^{\prime}\right) \in M \times[0, t)$ the vector $\Phi\left(u\left(x^{\prime}, t^{\prime}\right)\right)$ and the Hessian Hess $u$ are perpendicular to any normal vector $N$ of $C_{x^{\prime}, t^{\prime}}$. (Here, a vector $N \in E_{x^{\prime}, t^{\prime}}$ is said to be normal to $C_{x^{\prime}, t^{\prime}}$ at $u\left(x^{\prime}, t^{\prime}\right)$ if $\langle v, N\rangle \leq\left\langle u\left(x^{\prime}, t^{\prime}\right), N\right\rangle$ for all $v \in C_{x^{\prime}, t^{\prime}}$.)

We mention some useful applications of the weak and strong maximum principle:
Corollary 2.5.5. Let $M \times[0, T)$ be a Ricci flow on a compact $n$-dimensional manifold $M$ and suppose that $S_{\min } \leq S(\cdot, 0) \leq S_{\max }$ on $M$. Then

$$
\frac{1}{\frac{1}{S_{\min }}-\frac{2}{n} t} \leq S(\cdot, t)
$$

and if Ric $\geq 0$ everywhere,

$$
S(\cdot, t) \leq \frac{1}{\frac{1}{S_{\max }}-2 t}
$$

Corollary 2.5.6. Consider a Ricci flow $M \times[0, T)$ on a compact manifold $M$. If the curvature operator at time 0 is everywhere nonnegative definite, then this property is preserved under the Ricci flow.
In particular, in dimension 3 nonnegative sectional curvature is preserved.
Corollary 2.5.7. Let $M \times[0, T]$ be a Ricci flow on an $n$ dimensional manifold. Assume that the curvature operator $\hat{R}$ is everywhere nonnegative definite and $M(T) \cong N \times \mathbb{R}$, where $\left(N, g_{N}\right)$ is an $n-1$ dimensional Riemannian manifold. Then the splitting already existed before $T$ and the Ricci flow $M \times[0, T]$ is of product form $(N \times \mathbb{R}) \times[0, T]$ where $N \times[0, T]$ denotes a Ricci flow on $N$.

Corollary 2.5.8. Consider a Ricci flow $M \times[0, T)$ on a compact 3 -manifold $M$. If Ric $\geq 0$ and Ric $\geq c S$ for some $c \geq 0$ at time 0 then this condition is preserved under the Ricci flow.
Moreover, if $c>0$ and for some $t>0$ there is no $c^{\prime}>c$ such that Ric $\geq c^{\prime} S$ at time $t$, then $M \times[0, T)$ is the Ricci flow of a metric quotient of the round $S^{3}$.

Proof. The first statement can be found in [Ham1, Thm 9.6]. For the second statement we apply the strong maximum principle. Analyzing the calculations in the reference, we find that either Ric $=c S\langle\cdot, \cdot\rangle$ everywhere on $M \times[0, t]$ (this implies that $M(0)$ has constant nonnegative curvature) or Ric has a zero eigenvalue in which case $M \times[0, T)$ must be flat. But flat metrics do not satisfy the condition of the last statement.

### 2.6 Shi's estimates

We can derive a smoothing property of the Ricci flow from the weak maximum principle and (2.3):

Theorem 2.6.1 (global Shi estimates). Consider a Ricci flow $M \times[0, T)$ on a compact manifold $M$. Assume that $\|R\| \leq D$ on $M \times[0, T)$. Then we have

$$
\left\|\nabla^{l} R\right\| \leq C_{l} \frac{D}{t^{l / 2}} \quad \text { on } \quad M \times\left(\left[0, \frac{1}{D}\right] \cap[0, T)\right)
$$

for any $l \geq 0$ where the $C_{l}$ are constants that only depend on $l$ and the dimension $n$.
Observe that we don't assume bounds on higher curvature derivatives at time 0 .

Proof. For a proof see $[\mathrm{Ham} 5, \mathrm{Sec} 7]$ or [LB3].

A localization of this statement reads as follows:

Theorem 2.6.2 (local Shi estimates). Let $D<\infty, T \leq \frac{1}{D}$ and $r \geq \frac{1}{\sqrt{D}}$. Consider a Ricci flow $M \times[0, T)$ on a not necessarily complete manifold $M$ and a point $p \in M$. Assume that $B_{r}(p, 0) \subset M$ is relatively compact and $\|R\|<D$ on $B_{r}(p, 0) \times[0, T]$. Then for all $l \geq 0$

$$
\left\|\nabla^{l} R\right\|(p, t) \leq C_{l} \frac{D}{t^{l / 2}} \quad \text { for all } \quad t \in(0, T]
$$

Here $C_{l}$ again depends only on $l$ and the dimension $n$.
Proof. A proof of this statement can be found in [Shi]. For a more readable exposition see [Ham5, Sec 13] or [LB4].

### 2.7 Short and long time existence

Theorem 2.7.1 (short time existence and uniqueness). Let ( $M, g_{0}$ ) be a compact Riemannian manifold. Then there is a $\delta>0$ and a Ricci flow $\left(M \times[0, \delta), g_{t}\right)$ with initial metric $g_{0}$.
Moreover, the solution is unique in the following sense: If $\left(M \times\left[0, \delta^{\prime}\right), g_{t}^{\prime}\right)$ is another solution with initial metric $g_{0}$, then $g_{t}$ and $g_{t}^{\prime}$ coincide on $[0, \delta) \cap\left[0, \delta^{\prime}\right)$.

A proof of this result can be found in [Ham1]. However, this proof makes use of deep analytical tools since the Ricci flow equation is not strictly parabolic. By a method known as "DeTurck's trick" it is possible to reduce the problem to a strictly parabolic one (see $[\mathrm{DeT}])$. Now the existence and uniqueness follows from standard PDE techniques. For an exposition of the methods used to prove Theorem 2.7.1 see [Hei2] or [Bam2].

Using the global Shi estimates it is easy to discuss the long time existence statement:
Theorem 2.7.2 (long time existence). Let $M \times[0, T)$ be a Ricci flow on a compact manifold defined on a maximal time interval $[0, T)$. Then $\max _{M}\left\|R_{t}\right\| \rightarrow \infty$ for $t \nearrow T$.

Proof. Applying the weak maximum principle to $\|R\|^{2}$ (see (2.3) for the case $l=0$ ), it is easy to see that either $\max _{M}\left\|R_{t}\right\|$ stays bounded in $t$ or $\max _{M}\left\|R_{t}\right\| \rightarrow \infty$ for $t \nearrow T$. Assume that $\max _{M}\left\|R_{t}\right\|$ is bounded. By the global Shi estimates (Theorem 2.6.1) we find that the curvature derivatives $\left\|\nabla^{l} R\right\|$ are each bounded on $M \times[0, T)$. Fix an arbitrary Riemannian metric $\tilde{g}$ on $M$ and denote by $|\cdot|$ its associated norm as well as by $\tilde{\nabla}$ its LeviCivita connection. By Lemma 3.3.2 in chapter 3 we conclude that the derivatives $\left|\tilde{\nabla}^{l} g_{t}\right|$ are uniformly bounded on $M \times[0, T)$. So the family of metrics $g_{t}$ smoothly converges to a metric $g_{T}$ on $M$. This shows that we can extend the Ricci flow on $M \times[0, T)$ to a larger time interval $[0, T]$ and by Theorem 2.7.1 to an even larger time interval $[0, T+\delta)$. A contradiction.

### 2.8 A Harnack inequality for the Ricci flow

We can derive a differential inequality similar to the Harnack inequality from [LY].
Theorem 2.8.1. Let $M \times(0, T)$ be a Ricci flow with complete time slices and nonnegative curvature operator. Assume furthermore that the curvature is bounded on compact time intervals. Then for any $(x, t) \in M \times(0, T)$ and $v \in T_{x} M$

$$
\frac{\partial S}{\partial t}(x, t)+\frac{S}{t}+2\langle\nabla S, v\rangle+2 \operatorname{Ric}(v, v) \geq 0
$$

Integrating this inequality appropriately yields:

Theorem 2.8.2. Under the same assumptions of the Theorem above let $\left(x_{1}, t_{1}\right),\left(x_{2}, t_{2}\right) \in$ $M \times(0, T)$ such that $t_{1}<t_{2}$. Then

$$
S\left(x_{2}, t_{2}\right) \geq \frac{t_{1}}{t_{2}} \exp \left(-\frac{\operatorname{dist}_{t_{1}}^{2}\left(x_{1}, x_{2}\right)}{2\left(t_{2}-t_{1}\right)}\right) S\left(x_{1}, t_{1}\right)
$$

For a proofs of both Theorems see [Ham7] or [Mül].

### 2.9 Hamilton-Ivey pinching

We have seen in Corollary 2.5.6 that in dimension 3 nonnegative sectional curvature is preserved under the Ricci flow. Other lower bounds on the sectional curvature are not preserved. But we have

Theorem 2.9.1 (Hamilton-Ivey pinching). Let $M \times\left[T_{1}, T_{2}\right)$ be a Ricci flow on a compact manifold $M$ and $\varphi^{-1}>-T_{1}$. Consider the following time dependent property: For $x \in M$ and $t \in[0, T)$ there is an $X>0$ with $K(x, t) \geq-X$ such that

$$
S(x, t) \geq X\left(\log X+\log \left(\varphi^{-1}+t\right)-3\right) \quad \text { and } \quad S(x, t) \geq-\frac{3}{\varphi^{-1}+t}
$$

Now if all points on $M$ satisfy the property at time $T_{1}$, then so do the points at all times of $\left[T_{1}, T_{2}\right)$.

Proof. The result is a parabolically rescaled version of [Ham6, Thm 4.1].
Observe that the Theorem asserts that although there is no lower bound on the sectional curvature, the ratio of the lowest sectional curvature and the scalar curvature $S$ goes to zero for $S \rightarrow \infty$. So if we have an upper bound on the scalar curvature, then we have a lower bound on the sectional curvature. This in turn implies that we have an upper bound on the sectional curvature.

### 2.10 Ricci flows on cones

Lemma 2.10.1. Let $(C, p)$ be a smooth cone and $U \subset C_{0}$ open. Suppose the metric $g_{C}$ on $U$ is the final time slice of a Ricci $g_{t}$ flow on $U \times(-\varepsilon, 0]$ such that $g_{t}$ has nonnegative curvature operator for all $t \in[-\varepsilon, 0]$. Then $C$ is locally flat in $U$.

Proof. By Proposition 1.5.2 we know that $\operatorname{Ric}\left(\partial_{r}, \partial_{r}\right)=0$ on $U$. Now, we apply the strong maximum principle to the evolution of the curvature operator (compare also with the proof of Corollary 2.5.7) and get that for any point $x \in U$ there is a neighborhood $V \subset U$ such that for any $z \in V$ there is a parallel vector field $P(z) \in \Gamma(T V)$ with $P_{z}(z)=\left(\partial_{r}\right)_{z}$ and $\operatorname{Ric}(P(z), P(z))=0$ on $V$. Let $N_{x} \subset T_{x} U$ be the null space of Ric. Since Ric $\geq 0$ we have $P_{x}(z) \in N_{x}$ for any $z \in V$. So for any $v \in T_{x} U$ we have again by Proposition 1.5.2

$$
N_{x} \ni\left(\mathrm{~d} P_{x}\right)_{x}(v)=\left(\mathrm{d} P_{x}\right)_{x}(v)+\left(\nabla_{v} P\right)_{x}(x)=\left(\mathrm{d}_{y}\left(P_{y}(y)\right)\right)_{x}(v)=\left(\nabla_{v} \partial_{r}\right)_{x}=\frac{1}{r} v
$$

We conclude $N_{x}=T_{x} U$. Hence $K \equiv 0$ on $U$.

## Chapter 3

## Geometric compactness theorems

In the following, unless otherwise stated, metric spaces are always assumed to be complete and proper (i.e. bounded sets are totally bounded). Note that by Proposition 1.2.4 this property is always fulfilled for complete, locally compact length spaces.

Further representations concerning the first two sections can be found in [Gro] and [ $\operatorname{Ham} 4]$. However, the reader is advised to familiarize with the language developed in these sections.

### 3.1 Gromov-Hausdorff convergence \& compactness

### 3.1.1 The compact case

Consider a sequence $\left(X_{k}\right)$ of compact metric spaces. We say that $\left(X_{k}\right)$ converges to a compact metric space $X_{\infty}$ in the Gromov-Hausdorff sense if one of the following (equivalent) conditions is satisfied:
(A) For any $\varepsilon>0$ there are an $N=N(\varepsilon)$ and $\varepsilon$-nets $\left\{x_{\infty}^{(1)}, \ldots, x_{\infty}^{(m)}\right\} \subset X_{\infty},\left\{x_{k}^{(1)}, \ldots, x_{k}^{(m)}\right\} \subset$ $X_{k}$ for $k>N$ such that

$$
\left|d\left(x_{k}^{(i)}, x_{k}^{(j)}\right)-d\left(x_{\infty}^{(i)}, x_{\infty}^{(j)}\right)\right|<\varepsilon \quad \text { for all } 1 \leq i, j \leq m
$$

(B) There are a sequence $\varepsilon_{k} \rightarrow 0$ and $\varepsilon_{k}$-isometries $\Phi_{k}: X_{\infty} \rightarrow X_{k}$ with $B_{\varepsilon_{k}}\left(\operatorname{Im} \Phi_{k}\right)=X_{k}$ (here $B .(\cdot)$ denotes the tubular neighborhood), where we call a map $\Phi: A \rightarrow B$ between two metric space $A$ and $B$ an $\varepsilon$-isometry if

$$
\left\|\Phi^{*} d_{B}-d_{A}\right\|_{\infty}<\varepsilon
$$

(C) We have $d_{\mathrm{GH}}\left(X_{k}, X_{\infty}\right) \rightarrow 0$, where $d_{\mathrm{GH}}$ denotes the Gromov-Hausdorff distance, i.e. for two arbitrary (not necessarily complete or proper) metric spaces $A$ and $B$
$d_{\mathrm{GH}}(A, B):=\inf \left\{\begin{array}{l}\left.d_{\mathrm{H}}^{Z}\left(\iota_{1} A, \iota_{2} B\right): \begin{array}{l}Z \text { arbitrary metric space, } \iota_{1}: A \rightarrow Z, \\ \iota_{2}: B \rightarrow Z \text { isometric embeddings }\end{array}\right\} \in[0, \infty]\end{array}\right.$
Here $d_{\mathrm{H}}^{Z}(U, V)$ denotes the Hausdorff distance in $Z$, i.e.

$$
d_{\mathrm{H}}^{Z}(U, V):=\inf \left\{r \quad: \quad B_{r}(U) \supset V \text { and } B_{r}(V) \supset U\right\}
$$

(D) There are a metric space $Z$ (not necessarily complete or proper) and isometric embeddings $\iota_{k}: X_{k} \rightarrow Z, \iota_{\infty}: X_{\infty} \rightarrow Z$ with respect to which $d_{\mathrm{H}}\left(X_{k}, X_{\infty}\right) \rightarrow 0$.

Condition (A) is very convenient if one wishes to construct the Gromov-Hausdorff limit of a sequence of metric spaces. Condition (C) is useful to formalize the concept of GromovHausdorff convergence: it enables us to endow the space $\mathcal{X}_{\mathrm{cp}}$ of isometry classes of compact metric spaces ${ }^{1}$ with a metric under which convergence is equivalent to Gromov-Hausdorff convergence. It also immediately gives us that the Gromov-Hausdorff limit of a sequence of compact metric spaces is unique. Conditions (B) and (D) are often used for proving that certain geometric properties of the spaces in the sequence carry over to the limit. Moreover, observe that (B) and (D) give a tool to fix a particular "way of convergence" that may be worked with lateron. So for example after fixing the sequence $\left(\Phi_{k}\right)$ of $\varepsilon_{k^{-}}$ isometries or the embeddings $\left(\iota_{k}\right)$ and $\iota_{\infty}$ we can define what it means to say that a sequence of points $y_{k} \in X_{k}$ or a sequence of maps $\varphi_{k}: X_{k} \rightarrow A, A \rightarrow X_{k}$ or $X_{k} \rightarrow X_{k}$ (for a metric space $A$ ) converges to a point $y_{\infty} \in X_{\infty}$ resp. a map $\varphi_{\infty}: X_{\infty} \rightarrow A, A \rightarrow X_{\infty}$ or $X_{\infty} \rightarrow X_{\infty}$. For example, if $\gamma_{k}: I \rightarrow X_{k}$ for $I \subset \mathbb{R}$ an interval are minimizing geodesics converging to some map $\gamma_{\infty}: I \rightarrow X_{\infty}$, then $\gamma_{\infty}$ is itself a minimizing geodesic.

For an arbitrary metric space $A$ denote by $N_{\varepsilon}^{A} \in \mathbb{N}_{0} \cup\{\infty\}$ the minimal cardinality of closed $\varepsilon$-nets that is to say subsets $T \subset A$ such that any point $a \in A$ has distance $\leq \varepsilon$ to a point $t \in T$ (we could also define $N_{\varepsilon}^{A}$ to be the minimal cardinality of $\varepsilon$-nets, but this is not a closed condition). Note that $N_{\varepsilon}^{A}<\infty$ if $A$ is totally bounded.

Choose a function $\widetilde{N} .: \mathbb{R}_{+} \rightarrow \mathbb{N}$, a constant $\widetilde{D}<\infty$ and set

$$
\mathcal{X}_{\widetilde{N}, \widetilde{D}}:=\left\{X \in \mathcal{X}_{\mathrm{cp}} \quad: \quad N_{\varepsilon}^{X} \leq \widetilde{N}_{\varepsilon} \quad \text { for all } \varepsilon>0 \text { and } \quad \operatorname{diam} X \leq \widetilde{D}\right\}
$$

The following fact is known as Gromov-Hausdorff compactness
Theorem 3.1.1 (Gromov-Hausdorff compactness for compact metric spaces). The space $\left(\mathcal{X}_{\widetilde{N}, \widetilde{D}}, d_{\mathrm{GH}}\right)$ is compact. In other words, any sequence $\left(X_{k}\right)$ of compact metric spaces satisfying
(i) $N_{\varepsilon}^{X_{k}} \leq \widetilde{N}_{\varepsilon}$ for all $\varepsilon>0$ and
(ii) $\operatorname{diam} X_{k} \leq \widetilde{D}$
for all $k$ has a subsequence $\left(X_{k_{j}}\right)$ that converges to a compact metric space $X_{\infty}$ with the same properties (i) and (ii).

If a sequence of metric spaces $\left(X_{k}\right)$ satisfies property (i) then we also say that $X_{k}$ is uniformly totally bounded. Note that by the following Proposition for any sequence of compact $n$ dimensional Riemannian manifolds $\left(M_{k}, g_{k}\right)$ with $\operatorname{Ric}_{k} \geq(n-1) \kappa$ and $\operatorname{diam} M_{k} \leq \widetilde{D}$ (for any $n \in \mathbb{N}, \kappa \in \mathbb{R}$ and $\widetilde{D}<\infty$ ) there is a subsequence $\left(M_{k_{i}}\right)$ that converges to some compact metric space. Here we consider the $M_{k_{i}}$ as metric spaces equipped with the path metric.

Proposition 3.1.2. For any $n \in \mathbb{N}$ and $\kappa \in \mathbb{R}$ there is a function $\widetilde{N}_{.}: \mathbb{R}_{+} \times \mathbb{R}_{+} \rightarrow \mathbb{N}$ such that if ( $M, g$ ) is an $n$ dimensional Riemannian manifold with Ric $\geq(n-1) \kappa, x \in M$ and $B_{2 r+\varepsilon / 2}(x)$ is relatively compact, we have $N_{\varepsilon}^{B_{r}(x)} \leq \widetilde{N}_{\varepsilon}(r)$ for all $\varepsilon, r>0$.

Proof. Fix $\varepsilon, r>0$. Choose $k \in \mathbb{N}$ maximal with the property that there are points $y_{1}, \ldots, y_{k} \in B_{r}(x)$ such that the balls $B_{\varepsilon / 2}\left(y_{1}\right), \ldots, B_{\varepsilon / 2}\left(y_{k}\right)$ are pairwise disjoint. It is easy to see that $\left\{y_{1}, \ldots, y_{k}\right\}$ is an $\varepsilon$-net for $B_{r}(x)$ and $N_{\varepsilon}^{B_{r}(x)} \leq k$. We want to estimate $k$ from above. By the Bishop-Gromov Theorem 1.4.2 we have for all $1 \leq i \leq k$

$$
\frac{\operatorname{vol} B_{\varepsilon / 2}\left(y_{i}\right)}{\operatorname{vol} B_{\varepsilon / 2}^{M_{2}^{n}}\left(x_{0}\right)} \geq \frac{\operatorname{vol} B_{2 r+\varepsilon / 2}\left(y_{i}\right)}{\operatorname{vol} B_{2 r+\varepsilon / 2}^{M_{n}^{n}}\left(x_{0}\right)} \geq \frac{\operatorname{vol} B_{r+\varepsilon / 2}(x)}{\operatorname{vol} B_{2 r+\varepsilon / 2}^{M_{n}^{n}}\left(x_{0}\right)}
$$

[^2]where $M_{\kappa}^{n}$ denotes the $n$ dimensional model space of constant curvature $\kappa$ and $x_{0} \in M_{\kappa}^{n}$ a basepoint. So
$$
\frac{\operatorname{vol} B_{\varepsilon / 2}\left(y_{i}\right)}{\operatorname{vol} B_{r+\varepsilon / 2}(x)} \geq \frac{\operatorname{vol} B_{\varepsilon / 2}^{M_{\kappa}^{n}}\left(x_{0}\right)}{\operatorname{vol} B_{2 r+\varepsilon / 2}^{M_{\kappa}^{n}}\left(x_{0}\right)}
$$

Summing this inequality over $i$ yields

$$
1 \geq \frac{\sum_{i=1}^{k} \operatorname{vol} B_{\varepsilon / 2}\left(y_{i}\right)}{\operatorname{vol} B_{r+\varepsilon / 2}(x)} \geq k \frac{\operatorname{vol} B_{\varepsilon / 2}^{M_{\kappa}^{n}}\left(x_{0}\right)}{\operatorname{vol} B_{2 r+\varepsilon / 2}^{M_{\kappa}^{n}}\left(x_{0}\right)}
$$

hence $k \leq \frac{\operatorname{vol} B_{2 r+\varepsilon / 2}^{M_{n}^{n}}\left(x_{0}\right)}{B_{\varepsilon / 2}^{M n}\left(x_{0}\right)}$ and the Proposition follows.

### 3.1.2 The noncompact case

We now relax the condition that the $X_{k}$ are compact but still assume completeness and properness. In order to assure uniqueness of the limit we have to choose basepoints $x_{k} \in X_{k}$. Now, we say that the sequence $\left(X_{k}, x_{k}\right)$ of pointed metric spaces converges to a (complete and proper) pointed metric space $\left(X_{\infty}, x_{\infty}\right)$ if one of the following equivalent conditions is satisfied:
( $\mathrm{A}^{\prime}$ ) For any $r$ and any $\varepsilon>0$ there are $N=N(r, \varepsilon)$ and $\varepsilon$-nets $\left\{x_{k}=x_{k}^{(0)}, x_{k}^{(1)}, \ldots, x_{k}^{(m)}\right\} \subset$ $B_{r}^{X_{k}}\left(x_{k}\right),\left\{x_{\infty}=x_{\infty}^{(0)}, x_{\infty}^{(1)}, \ldots, x_{\infty}^{(m)}\right\} \subset B_{r}^{X}$ such that

$$
\left|d\left(x_{k}^{(i)}, x_{k}^{(j)}\right)-d\left(x_{\infty}^{(i)}, x_{\infty}^{(j)}\right)\right|<\varepsilon \quad \text { for all } 0 \leq i, j \leq m
$$

$\left(\mathrm{B}^{\prime}\right)$ There are sequences $r_{k} \rightarrow \infty, \varepsilon_{k} \rightarrow 0$ and $\varepsilon_{k}$-isometries $\Phi_{k}: B_{r_{k}}^{X \infty}\left(x_{\infty}\right) \rightarrow B_{r_{k}}^{X_{k}}\left(x_{k}\right)$ such that $B_{\varepsilon_{k}}\left(\operatorname{Im} \Phi_{k}\right) \supset B_{r_{k}}^{X_{k}}\left(x_{k}\right)$ and $d_{k}\left(\Phi_{k}\left(x_{\infty}\right), x_{k}\right)<\varepsilon_{k}$.
$\left(\mathrm{D}^{\prime}\right)$ There is a metric space $Z$ (not necessarily complete or proper) and isometric embeddings $\iota_{k}: X_{k} \rightarrow Z, \iota_{\infty}: X_{\infty} \rightarrow Z$ such that $\iota_{k}\left(x_{k}\right) \rightarrow \iota_{\infty}\left(x_{\infty}\right)$ and $d_{\mathrm{H}}\left(X_{k} \cap U, X_{\infty} \cap\right.$ $U) \rightarrow 0$ for any bounded open set $U \subset Z$.

It is easy to see that the limit $\left(X_{\infty}, x_{\infty}\right)$ of a sequence of pointed metric spaces $\left(X_{k}, x_{k}\right)$ is unique if we require completeness.

Let $(A, a)$ be an arbitrary pointed metric space. For $\varepsilon, r>0$ we write $N_{\varepsilon}^{(A, a)}(r):=$ $N_{\varepsilon}^{B_{r}^{A}(a)}$. Choose a function $\widetilde{N} .(\cdot): \mathbb{R}_{+} \times \mathbb{R}_{+} \rightarrow \mathbb{N}$. Now the Gromov-Hausdorff compactness statement reads as follows:

Theorem 3.1.3 (Gromov-Hausdorff compactness for pointed metric spaces). Any sequence $\left(X_{k}, x_{k}\right)$ of complete and proper pointed metric spaces satisfying $N_{\varepsilon}^{\left(X_{k}, x_{k}\right)}(r) \leq$ $\widetilde{N}_{\varepsilon}(r)$ for all $\varepsilon, r>0$ and $k \in \mathbb{N}$ has a subsequence that converges to some complete and proper pointed metric space $\left(X_{\infty}, x_{\infty}\right)$.

Again by Proposition 3.1.2 we conclude that any sequence $\left(M_{k}, x_{k}\right)$ of complete pointed Riemannian manifolds with $\operatorname{Ric}_{k} \geq(n-1) \kappa$ (for some $\kappa \in \mathbb{R}$ ) subconverges to a complete and proper metric space $\left(X_{\infty}, x_{\infty}\right)$. We can even be more general: If there is a function $\kappa:[0, \infty) \rightarrow \mathbb{R}$ such that $\operatorname{Ric}_{k}(x) \geq(n-1) \kappa\left(\operatorname{dist}\left(x, x_{k}\right)\right)$ for all $k$ and $x \in M_{k}$, then $\left(M_{k}, x_{k}\right)$ subconverges to a pointed metric space $\left(X_{\infty}, x_{\infty}\right)$.

For completeness we mention the following easy fact: If ( $X_{k}, x_{k}$ ) Gromov-Hausdorff converges to some metric space $\left(X_{\infty}, x_{\infty}\right)$ and if $\gamma_{k}:\left[a_{k}, b_{k}\right] \rightarrow X_{k}\left(a_{k} \leq 0 \leq b_{k}\right)$ are minimizing geodesics such that $y_{k}:=\gamma_{k}(0) \rightarrow y_{\infty} \in X_{\infty}$ and $a_{k} \rightarrow a_{\infty} \in[-\infty, 0]$ resp. $b_{k} \rightarrow b_{\infty} \in[0, \infty]$, then the $\gamma_{k}$ subconverge to some minimizing geodesic $\gamma_{\infty}:\left[a_{\infty}, b_{\infty}\right] \rightarrow$ $X_{\infty}$ with $\gamma_{\infty}(0)=y_{\infty}$ where we have to replace $\left[a_{\infty}, b_{\infty}\right]$ by $\left(-\infty, b_{\infty}\right],\left[a_{\infty}, \infty\right)$ or $\mathbb{R}$ if $a_{\infty}=-\infty$ or $b_{\infty}=\infty$.

### 3.2 Smooth convergence

### 3.2.1 Definition

Let $\left(\left(M_{k}, g_{k}\right), x_{k}\right)$ be a sequence of pointed complete $n$ dimensional Riemannian manifolds. Assume that their path metric Gromov-Hausdorff converges to some metric space $\left(X_{\infty}, x_{\infty}\right)$. It may happen that $X_{\infty}$ or parts of $X_{\infty}$ come from the structure of a smooth Riemannian manifold of the same dimension. So assume that there is some open set $M_{\infty} \subset X_{\infty}$ that is locally isometric to the path metric of a Riemannian manifold. Hence, $M_{\infty}$ is itself a smooth Riemannian manifold ( $M_{\infty}, g_{\infty}$ ). We now want to establish a stronger notion of convergence: Assume that the $M_{k}$ and $X_{\infty}$ are embedded into a metric space $Z$ as described in $\left(\mathrm{D}^{\prime}\right)$. We say that the $\left(\left(M_{k}, g_{k}\right), x_{k}\right)$ smoothly converge to ( $X_{\infty}, x_{\infty}$ ) on $M_{\infty}$ in the above embedding if there are an exhaustion of $M_{\infty}$ by open sets $U_{k}$ and diffeomorphisms onto their image $\Phi_{k}: U_{k} \rightarrow M_{k}$ such that $\Phi_{k} \rightarrow \mathrm{id}_{M_{\infty}}$ pointwise and

$$
\Phi_{k}^{*} g_{k} \rightarrow g_{\infty} \quad \text { smoothly for } k \rightarrow \infty .
$$

Hereby we mean that we have pointwise convergence $\Phi_{k}^{*} g_{k} \rightarrow g_{\infty}$ and $\nabla^{l} \Phi_{k}^{*} g_{k} \rightarrow 0$ for all $l$, where $\nabla$ denotes the Levi-Civita connection on $\left(M_{\infty}, g_{\infty}\right)$. Observe that it may depend on the embeddings of the $M_{k}$ and $X_{\infty}$ into $Z$ whether we have smooth convergence on $M_{\infty}$ or not.

In order to quantify smooth closeness, we introduce the notion of smooth $\varepsilon$-isometries: We call a diffeomorphism onto its image $\Phi:\left(N, g_{N}\right) \rightarrow\left(M, g_{M}\right)$ a smooth $\varepsilon$-isometry if

$$
\left\|\Phi^{*} g_{M}-g_{N}\right\|_{C^{\left[\varepsilon^{-1}\right]}}<\varepsilon
$$

Notice the analogy to (B). If there is no chance of confusion, we simply call a smooth $\varepsilon$ isometry an $\varepsilon$-isometry. Moreover, we call $\Phi$ an $\varepsilon$-homothety if it is an $\varepsilon$-isometry between $\left(N, g_{N}\right)$ and $\left(M, \lambda^{-2} g_{N}\right)$ for some $\lambda>0$ which we call the scaling factor of $\Phi$.

### 3.2.2 Regularity of the limit

We want to find conditions under which we can ensure local smoothness of the limit space $X_{\infty}$ at certain points. Observe that intuitively there may occur two different processes leading to nonsmoothness in the limit:

In the first case, necks pinch down to diameter 0 . As a consequence the dimension drops when passing to the limit. The standard example is the family of 2-tori $T^{2}=S^{1} \times S^{1}$ that shrink down in one factor but stay constant in the other. However, it is also possible that neckpinches occur just at certain areas. In all these cases the injectivity radius can not be uniformly bounded from below by a certain positive constant.

In the second case, nonsmooth edges or corners develop: For example we could produce a 2 dimensional cylinder with a lid or a cylinder capped by a round hemisphere as a limit. Observe that near the nonsmooth point $\|R\|$ resp. $\|\nabla R\|$ does not stay bounded in the approximating sequence.

This motivates the following definition: Consider the functions

$$
\text { inj, }\|R\|,\|\nabla R\|,\left\|\nabla^{2} R\right\|, \ldots: \bigcup_{k} M_{k} \subset Z \longrightarrow[0, \infty)
$$

Call a point $y \in X_{\infty}$ regular if there is a neighborhood $U \subset Z$ and constants $\rho>0$ and $C_{0}, C_{1}, \ldots<\infty$ such that for large $k$ we have inj $\geq \rho$ and $\left\|\nabla^{l} R\right\| \leq C_{l}$ for all $l$ on $U \cap M_{k}$. Let $M_{\infty}$ be the set of all regular points.

We first mention a technical result, namely that we can bound the derivatives of the metric in exponential coordinates in terms of the derivatives of the curvature. A proof can be found in [LB2]. Note that this result can be improved in harmonic coordinates (see [DK] and [JK]). However, we will not need this fact here.

Lemma 3.2.1. For any $r<\infty, l, n \in \mathbb{N}$ and any constants $D_{0}, \ldots, D_{l}<\infty$ we can find constants $D_{0}^{\prime}, \ldots, D_{l}^{\prime}<\infty$ such that the following holds:
Let $(M, g)$ be a Riemannian manifold and $x \in M$. Consider a starlike subset $U \subset T_{x} M$ (with center 0) on which the exponential map $\exp$ is defined and that lies in $B_{r}(0)$. Suppose that $\left\|\nabla^{i} R\right\|<D_{i}$ for all $0 \leq i \leq k$. Then $\left\|\mathrm{d}^{i} \exp ^{*} g\right\|<D_{i}^{\prime}$ on $U$ for all $0 \leq i \leq k$.

Theorem 3.2.2. $M_{\infty}$ is locally isometric to a smooth Riemannian manifold.
Proof. Let $y \in M_{\infty}$. Then we have bounds for inj, $\left\|\nabla^{l} R\right\|$ on some neighborhood $U$ of $y$. It is enough to show that the metric $d_{\infty}$ restricted to some neighborhood of $y$ is isometric to the path metric of a Riemannian manifold. Let $y_{k} \in M_{k} \cap U$ (for large $k$ ) be a sequence with $y_{k} \rightarrow y$. Choose $0<r<\min \left(\frac{\rho}{2}, \frac{\pi \sqrt{n(n-1)}}{4 \sqrt{C_{0}}}\right)$ and such that $\bar{B}_{2 r}^{M_{k}}\left(y_{k}\right) \subset U$ for large $k$. Then we have pointed Gromov-Hausdorff convergence

$$
\left(\bar{B}_{2 r}^{M_{k}}\left(y_{k}\right), y_{k}\right) \underset{k \rightarrow \infty}{\longrightarrow}\left(\bar{B}_{2 r}^{X_{\infty}}(y), y\right)
$$

Let

$$
\exp _{k}: \mathbb{R}^{n} \supset B_{2 r}(0) \rightarrow B_{2 r}^{M_{k}}\left(y_{k}\right), \quad 0 \mapsto y_{k}
$$

be exponential maps $\left(\left(\operatorname{d~exp}_{k}\right)_{0}\right.$ may be chosen arbitrarily) which are diffeomorphisms since $r<\operatorname{inj}\left(y_{k}\right)$. Set $h_{k}:=\exp _{k}^{*} g_{k}$. By Lemma 3.2.1 we may bound the $h_{k}$ and their derivatives in terms of the $\left(C_{l}\right)$ uniformly on $B_{2 r}(0)$ and in $k$. Applying Arzelà-Ascoli's theorem we get that after passing to a subsequence

$$
\begin{equation*}
h_{k} \longrightarrow h_{\infty} \quad \text { smoothly } \tag{3.1}
\end{equation*}
$$

for some smooth $h_{\infty} \in \operatorname{Sym}_{2} T^{*} B_{2 r}(0) . h_{\infty}$ is a Riemannian metric since $2 r<\frac{\pi \sqrt{n(n-1)}}{2 \sqrt{C_{0}}}$, so we can exclude conjugate points for 0 .

This result implies that the $\exp _{k}:\left(B_{2 r}(0), h_{\infty}\right) \rightarrow\left(B_{2 r}\left(y_{k}\right), g_{k}\right)$ are uniformly lipschitz. So again (by Arzelà-Ascoli) after passing to a subsequence we get

$$
\begin{equation*}
\exp _{k} \longrightarrow \exp _{\infty} \quad \text { uniformly } \tag{3.2}
\end{equation*}
$$

for some $\exp _{\infty}: B_{2 r}(0) \rightarrow B_{2 r}^{M_{\infty}}(y)$.
It is easy to see that $d_{k}^{\prime}:=\left(\left.\exp _{k}\right|_{B_{r}(0)}\right)^{*} d_{k}$ is equal to the restriction of the path metric of $\left(B_{2 r}(0), h_{k}\right)$ to $B_{r}(0)$. From (3.1) we get that $d_{k}^{\prime}$ converges to the restriction of the path metric of $\left(B_{2 r}(0), h_{\infty}\right)$ to $B_{r}(0)$. On the other hand, we conclude from (3.2) that $d_{k}^{\prime}$ converges to $d_{\infty}^{\prime}:=\left(\left.\exp _{\infty}\right|_{B_{r}(0)}\right)^{*} d_{\infty}$ on $B_{r}(0)$. This gives us the desired result.

Now define $\Phi_{k}: B_{r}^{M_{\infty}}(y) \rightarrow B_{r}^{M_{k}}\left(y_{k}\right)$ by

$$
\Phi_{k}:=\left(\left.\exp _{k}\right|_{B_{r}(0)}\right) \circ\left(\left.\exp _{\infty}\right|_{B_{r}(0)}\right)^{-1}
$$

We have $\Phi_{k}(y)=y_{k}$. From (3.2) we get that $\Phi_{k} \rightarrow \mathrm{id}_{B_{r}^{M_{\infty}(y)}}$ uniformly. Furthermore, by the Lemma at the end of this subsection (applied to $B_{2 r}^{M_{\infty}}(0)$ ) we conclude that $\Phi_{k}^{*} g_{k} \rightarrow$ $\left.g_{\infty}\right|_{B_{r}^{M_{\infty}(y)}}$ in the smooth uniform sense

It is important to observe that although every regular point in $X_{\infty}$ is smooth, a smooth point in $X_{\infty}$ does not necessarily have to be regular.

Lemma 3.2.3. Let $E \rightarrow M$ be a vector bundle with two connections $\nabla$ and $\widetilde{\nabla}$. If $a$ sequence of sections $s_{k} \in \Gamma E$ smoothly converges to some section $s_{\infty} \in \Gamma E$ with respect to $\nabla$, i.e.

$$
\nabla^{l} s_{k} \longrightarrow \nabla^{l} s_{\infty} \quad \text { in }\left(T^{*} M\right)^{\otimes l} \otimes E \text { for all } l \geq 0
$$

then it also converges smoothly with respect to $\widetilde{\nabla}$.

Proof. Without loss of generality we may assume that $s_{\infty}=0$. Let

$$
A:=\widetilde{\nabla}-\nabla \in \Gamma\left(T^{*} M \otimes \operatorname{End} E\right)
$$

We want to show

$$
\tilde{\nabla}^{l} s_{k} \longrightarrow 0
$$

We proceed by induction on $l$. For $l=0$ there is nothing to show. Let the hypothesis be true for $l$. We will show that it also holds for $l+1$. Obviously, we have $\nabla s_{k} \rightarrow 0$ smoothly in $\Gamma T^{*} M \otimes E$ with respect to $\nabla$. So by the induction hypothesis we get

$$
\tilde{\nabla}^{l} \nabla s_{k} \longrightarrow 0
$$

Again by the induction hypothesis we have

$$
\widetilde{\nabla}_{v_{1}, \ldots, v_{l}}^{l}\left(\widetilde{\nabla} s_{k}-\nabla s_{k}\right)=\widetilde{\nabla}_{v_{1}, \ldots, v_{l}}^{l} A\left(s_{k}\right)=\sum_{i=0}^{l} \sum_{\sigma \in S_{l}} \widetilde{\nabla}_{v_{\sigma 1}, \ldots, v_{\sigma i}}^{i} A\left(\widetilde{\nabla}_{v_{\sigma(i+1)}, \ldots, v_{\sigma l}}^{l-i} s_{k}\right) \longrightarrow 0
$$

Combining the two convergence results we get $\widetilde{\nabla}^{l+1} s_{k} \longrightarrow 0$.

### 3.2.3 Establishing smooth convergence

Now we want to show that we have smooth convergence on $M_{\infty}$ for a subsequence of the $\left(M_{k}\right)$. Choose an exhaustion of $M_{\infty}$ by open and in $M_{\infty}$ relatively compact sets $U_{l} \subset M_{\infty}$. It suffices to show that for any $l$ there is a subsequence such that there are smooth maps $\Phi_{k}: U_{l} \rightarrow M_{k}$ with the property that $\Phi_{k} \rightarrow \operatorname{id}_{U_{l}}$ pointwise and $\left.\Phi_{k}^{*} g_{k} \rightarrow g_{\infty}\right|_{U_{l}}$ smoothly. An application of a diagonal argument yields the desired result. For this reason we will discard the index $l$ in the following steps.

The result after Theorem 3.2.2 implies that after passing to a subsequence there is an $r>0$ (less than the injectivity radius of $M_{\infty}$ on $U$ ) and a finite number of points $y^{(1)}, \ldots, y^{(m)} \in U$ that represent an $\frac{r}{64}$-net for $\bar{U}$ as well as diffeomorphisms

$$
\Phi_{k}^{(i)}: B_{r}^{M_{\infty}}\left(y^{(i)}\right) \longrightarrow B_{r}^{M_{k}}\left(y_{k}^{(i)}\right) \quad \text { where } \quad y_{k}^{(i)}:=\Phi_{k}\left(y^{(i)}\right)
$$

such that $\Phi_{k}^{(i)} \rightarrow \operatorname{id}_{B_{r}^{M \infty\left(y^{(i)}\right)}}$ uniformly and $\left.\left(\Phi_{k}^{(i)}\right)^{*} g_{k} \rightarrow g_{\infty}\right|_{B_{r}^{M \infty\left(y^{(i)}\right)}}$ uniformly smoothly. For two indices $i, j \in\{1, \ldots, m\}$ write $i \prec j$ if $\bar{B}_{r / 4}^{M_{\infty}}\left(y^{(i)}\right) \subset B_{r}^{M_{\infty}}\left(y^{(j)}\right)$. Then, for sufficiently large $k$, we also have $\bar{B}_{r / 4}^{M_{k}}\left(y_{k}^{(i)}\right) \subset B_{r}^{M_{k}}\left(y_{k}^{(j)}\right)$. By passing to a subsequence we may assume that this is always implied by $i \prec j$.

For arbitrary $i, j$ we have $d_{k}\left(\Phi_{k}^{(i)}, \Phi_{k}^{(j)}\right) \rightarrow 0$ uniformly on $B_{r}^{M_{\infty}}\left(y^{(i)}\right) \cap B_{r}^{M_{\infty}}\left(y^{(j)}\right)$. In order to express an analogous statement for the derivatives of $\Phi_{k}^{(i)}$ resp. $\Phi_{k}^{(j)}$, we define

$$
\Psi_{k}^{(j i)}: B_{r / 4}^{M_{\infty}}\left(y^{(i)}\right) \longrightarrow B_{r}^{M_{\infty}}\left(y^{(j)}\right) \quad \text { by } \quad \Psi_{k}^{(j i)}:=\left(\Phi_{k}^{(j)}\right)^{-1} \circ \Phi_{k}^{(i)}
$$

if $i \prec j$. The previous result gives us that

$$
\Psi_{k}^{(j i)} \longrightarrow \operatorname{id}_{B_{r / 4}^{M /}\left(y^{(i)}\right)} \quad \text { uniformly. }
$$

We wish to make this a smooth convergence by choosing a suitable subsequence.
The differential $\left(\mathrm{d} \Psi_{k}^{(j i)}\right)_{y^{(i)}}: T_{y^{(i)}} M_{\infty} \rightarrow T_{\Psi_{k}^{(j i)}\left(y^{(i)}\right)} M_{\infty}$ is uniformly bounded in $k$ with respect to $h_{\infty}$ since it is orthogonal with respect to the metric $\left(\Phi_{k}^{(i)}\right)^{*} g_{k}$ which is close to $h_{\infty}$. This and the fact that $\Psi_{k}^{(j i)}\left(y^{(i)}\right) \rightarrow y^{(i)}$ implies that we can choose a subsequence such that

$$
\left(\mathrm{d} \Psi_{k}^{(j i)}\right)_{y^{(i)}} \longrightarrow \varphi^{(j i)} \quad \text { for all } i \prec j
$$

where $\varphi^{(j i)}:\left(T_{y^{(i)}} M_{\infty},\left(h_{\infty}\right)_{y^{(i)}}\right) \rightarrow\left(T_{y^{(i)}} M_{\infty},\left(h_{\infty}\right)_{y^{(i)}}\right)$ is some isometry. We are in the following situation:

where $\exp _{k}^{(j i)}$ is the exponential map on $B_{r}^{M_{\infty}}$ equipped with the metric $\left(\Phi_{k}^{(j)}\right)^{*} g_{k}$. We have $\exp _{k}^{(j i)}(0)=\Psi_{k}^{(j i)}\left(y^{(i)}\right) \rightarrow y^{(i)}$ and

$$
\left(\mathrm{d} \exp _{k}^{(j i)}\right)_{0}=\left(\mathrm{d} \Psi_{k}^{(j i)}\right)_{y^{(i)}} \circ\left(\mathrm{d} \exp _{y^{(i)}}\right)_{0} \longrightarrow \varphi^{(j i)} \circ\left(\mathrm{d} \exp _{y^{(i)}}\right)_{0}
$$

Since $\left(\Phi_{k}^{(j)}\right)^{*} g_{k} \rightarrow g_{\infty}$ smoothly, we have smooth uniform convergence

$$
\exp _{k}^{(j i)} \longrightarrow \exp ^{(j i)}
$$

where $\exp ^{(j i)}: B_{r / 4}(0) \rightarrow B_{r}^{M \infty}\left(y^{(j)}\right)$ is an exponential map with $\exp ^{(j i)}(0)=y^{(i)}$ and $\left(\mathrm{d} \exp ^{(j i)}\right)_{0}=\varphi^{(j i)} \circ\left(\operatorname{d~exp}_{y^{i}}\right)_{0}$. Since $\Psi_{k}^{(j i)}$ converges uniformly to $\operatorname{id}_{B_{r / 4}^{M_{\infty}}\left(y^{i}\right)}$ we get $\exp ^{j i}=$ $\exp _{y^{(i)}}$. So we must have $\varphi^{(j i)}=\operatorname{id}_{T_{y^{(i)}} M}$ and thus

$$
\Psi_{k}^{(j i)} \longrightarrow \operatorname{id}_{B_{r / 4}^{M \infty}\left(y^{(i)}\right)} \quad \text { smoothly uniformly. }
$$

We have found out that the maps $\left.\Phi_{k}^{(i)}\right|_{B_{r / 4}^{M \infty}\left(y^{(i)}\right.}$ get arbitrarily close to each other on their overlaps even in the smooth sense. Now, we will interpolate between them (actually we will interpolate between their inverses).

Let $V_{k}:=\bigcup_{i} \Phi_{k}^{(i)}\left(B_{r / 4}^{M_{\infty}}\left(y^{(i)}\right)\right)=\bigcup_{i} B_{r / 4}^{M_{k}}\left(y_{k}^{(i)}\right) \subset M_{k}$ and $V:=\bigcup_{i} B_{r / 4}^{M_{\infty}}\left(y^{(i)}\right) \subset M_{\infty}$. Assume that we have constructed maps $\Lambda_{k}: V_{k} \rightarrow M_{\infty}$ such that

$$
\begin{equation*}
\left.\Lambda_{k} \circ \Phi_{k}^{(i)}\right|_{B_{r / 4}^{M \infty}\left(y^{(i)}\right)} \longrightarrow \operatorname{id}_{B_{r / 4}^{M \infty}\left(y^{(i)}\right)} \quad \text { smoothly uniformly } \tag{3.3}
\end{equation*}
$$

for each $i$. We will show that this gives us the desired result. Since for large $k$ the map $\left.\Lambda_{k} \circ \Phi_{k}^{(i)}\right|_{B_{r / 16}^{M \infty}\left(y^{(i)}\right)}$ is bilipschitz with a Lipschitz constant that is arbitrarily close to 1 , we know that its image contains $B_{r / 64}^{M_{\infty}}\left(y^{(i)}\right)$ for large $k$. So for large $k$ we have $\Lambda_{k}\left(V_{k}^{\prime}\right) \supset U$ for $V_{k}^{\prime}:=\bigcup_{i} B_{r / 16}^{M_{k}}\left(y^{(i)}\right)$.

Furthermore, we can assume that the $\Lambda_{k}^{\prime}:=\left.\Lambda_{k}\right|_{V_{k}^{\prime}}$ are injective for large $k$ for the following reason: If $k$ is large we can assume injectivity for each $\left.\Lambda_{k}\right|_{B_{r / 4}^{M_{k}}\left(y_{k}^{(i)}\right)}$. Suppose there are two points $z_{1}, z_{2} \in V_{k}^{\prime}$ with $\Lambda_{k}\left(z_{1}\right)=\Lambda_{k}\left(z_{2}\right)$. Then for large $k$ the points $z_{1}$ or $z_{2}$ never lie in the same $B_{r / 4}^{M_{k}}\left(y_{k}^{(i)}\right)$, hence $d_{k}\left(z_{1}, z_{2}\right) \geq \frac{3}{16} r$. But because of (3.3) the $\Lambda_{k}$ converge pointwise to $\mathrm{id}_{V}$. So we get a contradiction for large $k$.

We have deduced that $\Lambda_{k}^{\prime}: V_{k}^{\prime} \rightarrow \Lambda_{k}^{\prime}\left(V_{k}^{\prime}\right)$ is invertible and $\left(\Lambda_{k} \circ \Phi_{k}^{(i)}\right)\left(B_{r / 16}^{M_{\infty}}\left(y^{(i)}\right)\right) \supset$ $B_{r / 64}^{M_{\infty}}\left(y^{(i)}\right)$ for large $k$. From (3.3) we conclude that

$$
\left.\left(\Lambda_{k} \circ \Phi_{k}^{(i)}\right)^{-1}\right|_{B_{r / 64}^{M \infty}\left(y^{(i)}\right)} \longrightarrow \operatorname{id}_{B_{r / 64}^{M \infty}\left(y^{(i)}\right)}
$$

smoothly uniformly for any $i$ and thus we have smooth convergence
for any $i$. Moreover, since $\Phi_{k}^{(i)} \rightarrow \Phi^{(i)}$ for each $i$ we get that $\left(\Lambda_{k}^{\prime}\right)^{-1} \rightarrow \operatorname{id}_{U}$ uniformly on $U$. Now set $\Lambda_{k}^{\prime \prime}:=\left.\Lambda_{k}^{\prime}\right|_{\left(\Lambda^{\prime}\right)^{-1}(U)}:\left(\Lambda^{\prime}\right)^{-1}(U) \rightarrow U$. This map is invertible and we have $\left(\left(\Lambda_{k}^{\prime \prime}\right)^{-1}\right)^{*} g_{k} \rightarrow g_{\infty}$ smoothly uniformly and $\left(\Lambda_{k}^{\prime \prime}\right)^{-1} \rightarrow \mathrm{id}_{U}$ uniformly.

This proves the hypothesis.

It remains to construct the $\Lambda_{k}$. Let $\widetilde{\Delta} \subset M^{m}$ be an open neighborhood of the diagonal $\Delta \subset M^{m}$. We call a function

$$
\sum:\left\{\left(s_{1}, \ldots, s_{m}\right) \in[0,1]^{m}: s_{1}+\ldots+s_{m}=1\right\} \times \widetilde{\Delta} \longrightarrow M_{\infty}
$$

an averaging function if the following holds (we will write $\sum s_{i} z_{i}$ instead of $\sum\left(s_{1}, \ldots, s_{m}, z_{1}\right.$, $\left.\ldots, z_{m}\right)$ ):
(i) $\sum s_{i} z_{i}=\sum s_{i} z_{i}^{\prime}$ if $s_{i}=0$ or $z_{i}=z_{i}^{\prime}$ for each $i$,
(ii) $\sum s_{i} z_{i}=z_{j}$ if $s_{i}=\delta_{i j}$ and
(iii) $\sum s_{i} z=z$.

Clearly such a function exists. Fix an averaging function $\sum$ and choose a partition of unity $\left(\lambda_{i}\right)$ on $\left(\bar{B}_{r / 4}^{M_{\infty}}\left(y^{(i)}\right)\right)$. Define

$$
\Lambda_{k}:=\left.\sum \frac{\lambda_{i} \circ\left(\Phi_{k}^{(i)}\right)^{-1}}{\sum \lambda_{s} \circ\left(\Phi_{k}^{(s)}\right)^{-1}}\left(\Phi_{k}^{(i)}\right)^{-1}\right|_{V_{k}}
$$

Since $\Psi_{k}^{(j i)}=\left.\left(\Phi_{k}^{(j)}\right)^{-1} \circ \Phi_{k}^{(i)}\right|_{B_{r / 4}^{M_{\infty}}} \rightarrow \operatorname{id}_{B_{r / 4}^{M_{\infty}}}$ if $i \prec j$ and $\lambda_{j} \circ\left(\Phi_{k}^{(j)}\right)^{-1} \rightarrow 0$ on $B_{r / 4}^{M_{k}}\left(y_{k}^{(i)}\right)$ if $i \nprec j$, we get (3.3). This completes the proof.

Finally, we mention a special case of what we have proven so far.
Theorem 3.2.4. Let $\left(M_{k}, x_{k}\right)$ be a sequence of pointed complete $n$ dimensional manifolds that satisfy inj $\geq \rho$ and $\left\|\nabla^{l} R\right\| \leq C_{l}$ for all $l \geq 0$. Then there is a subsequence $\left(M_{k_{i}}, x_{k_{i}}\right)$ that smoothly converges to some pointed complete $n$ dimensional Riemannian manifold $\left(M_{\infty}, x_{\infty}\right)$.

Observe that from Proposition 3.4.1 and 3.4.2 we can deduce that it already suffices to assume $\operatorname{inj}\left(x_{k}\right) \geq \rho$ instead of $\operatorname{inj} \geq \rho$.

### 3.3 Compactness of Ricci flows

Let $\left(M_{k},\left(g_{0}\right)_{k}\right)$ be a sequence of complete Riemannian manifolds and $x_{k} \in M_{k}$. Assume that we have Gromov-Hausdorff convergence of the $M_{k}$ resp. $\left(M_{k}, x_{k}\right)$ (if not all $M_{k}$ are compact) to a metric space $X_{\infty}$ such that the convergence is smooth on $M_{\infty}$. Fix this convergence, e.g. by embedding the spaces $M_{k}$ and $X_{\infty}$ into an ambient metric space $Z$ as in (D) resp. ( $\mathrm{D}^{\prime}$ ) in subsection 3.1.1 resp. 3.1.2. Let $g_{\infty}$ be the metric on $M_{\infty}$ and $M_{\infty}^{\prime} \subset M_{\infty}$ be open. Consider Ricci flows $\left(g_{t}\right)_{k}$ on $M_{k} \times I_{k}$ (we claim $0 \in I_{k}$ ) such that $\left(g_{0}\right)_{k}=g_{k}$. Let $I_{\infty}$ be an interval (open, half open or closed) and assume that the
endpoints of $I_{k}$ converge to the endpoints of $I_{\infty}$. We say that the Ricci flows $\left(g_{t}\right)_{k}$ converge to a Ricci flow $\left(g_{t}\right)_{\infty}$ on $M_{\infty}^{\prime} \times I_{\infty}$ if there are an exhaustion $U_{k}$ of $M_{\infty}^{\prime}$ of open sets, an ascending sequence of intervals $J_{1} \subset J_{2} \subset \cdots$ whose union is $I_{\infty}$ and diffeomorphisms $\Phi_{k}: U_{k} \rightarrow M_{k}$ such that $\Phi_{k} \rightarrow \operatorname{id}_{M_{\infty}^{\prime}}$ pointwise and $\left.\left(\Phi_{k}^{*}(g .)_{k}\right)\right|_{U_{k} \times J_{k}} \rightarrow(g .)_{\infty}$ smoothly for $k \rightarrow \infty$.

We will now prove a compactness result for Ricci flows. Consider a sequence of Ricci flows $M_{k} \times I_{k}$ with complete time slices and assume that the endpoints of $I_{k}$ converge to the endpoints of some interval $I_{\infty}=\left(T_{1}^{\infty}, T_{2}^{\infty}\right)$ or $\left(T_{1}^{\infty}, T_{2}^{\infty}\right]$ if $T_{2}^{\infty} \in I_{k}$ for large $k$. Furthermore, we claim that $T_{1}^{\infty}<0$. Let $x_{k} \in M_{k}$. Assume that for the time 0 slices $M_{k}(0)$ we have Gromov-Hausdorff convergence

$$
\begin{equation*}
\left(M_{k}(0), x_{k}\right) \underset{k \rightarrow \infty}{\longrightarrow}\left(X_{\infty}, x_{\infty}\right) \tag{3.4}
\end{equation*}
$$

where $\left(X_{\infty}, x_{\infty}\right)$ denotes some pointed metric space. Imagine the $M_{k}$ and $X_{\infty}$ to be embedded into an ambient space $Z$. If the $M_{k}$ are compact we can discard the basepoints. Note that (3.4) always holds for a subsequence if there is a uniform lower bound for $\mathrm{Ric}_{k}$ that may depend on the distance to $x_{k}$.

Let $M_{\infty}^{\prime} \subset X_{\infty}$ be open. Assume that for any point $x \in M_{\infty}^{\prime}$ and any compact interval $K \subset I_{\infty}$ there is a neighborhood $U \subset Z$ around $x$ and constants $C_{0}<\infty, \rho>0$ such that $\|R\| \leq C_{0}$ on $\left(U \cap M_{k}\right) \times K$ and $\operatorname{inj} \geq \rho$ on $U \cap M_{k}$ for large $k$. Observe that we do not control higher curvature derivatives.

Using Shi's estimates, we conclude that for any $x \in M_{\infty}^{\prime}$ and any compact interval $K \subset I_{\infty}$ there are a neighborhood $U \subset Z$ and constants $C_{1}, C_{2}, \ldots<\infty$ such that $\left\|\nabla^{l} R\right\| \leq C_{l}$ on $\left(U \cap M_{k}\right) \times K$ for large $k$. By the result of section 3.2 we conclude that after passing to a subsequence the convergence (3.4) is smooth on $M_{\infty}^{\prime}$. Let $g_{\infty}$ be the limit metric.

We will now show that after passing to a subsequence the Ricci flows $M \times I_{k}$ converge to a Ricci flow $M_{\infty}^{\prime} \times I_{\infty}$ on $M_{\infty}^{\prime}$. By the last paragraph there are an exhaustion $U_{k}$ of $M_{\infty}^{\prime}$ and diffeomorphisms $\Phi_{k}: U_{k} \rightarrow M_{k}$ such that $\Phi_{k} \rightarrow \mathrm{id}_{M_{\infty}^{\prime}}$ pointwise and $\Phi_{k}^{*} g_{k} \rightarrow g_{\infty}$ smoothly for $k \rightarrow \infty$. We can assume the $U_{k}$ to be relatively compact. Observe that for any $j$ and any compact interval $K \subset I_{\infty}$ there are constants $C_{1}, C_{2}, \ldots<\infty$ such that for all $l \geq 0$ we have $\left\|\Phi_{k}^{*}\left(\nabla^{l} R\right)\right\| \leq C_{l}$ on $U_{j} \times K$ for large $k$. Let $|\cdot|$ be the norm and $\tilde{\nabla}$ the Levi-Civita connection coming from $g_{\infty}$. Using Lemma 3.3.2 at the end of this section, we conclude that for any $j, l$ and any compact interval $K \subset I_{\infty}$ there is a uniform bound for $\mid \tilde{\nabla}^{l}(g \text {. })_{k} \mid$ on $U_{j} \times K$ for large $k$. By the Ricci flow equation these bounds imply bounds on derivatives of $\left(g_{t}\right)_{k}$ that also involve the time direction. We can now use Arzelà-Ascoli's Theorem to conclude that there is a subsequence such that $\Phi_{k}^{*}(g .)_{k}$ smoothly converges to some limit flow $(g .)_{\infty}$ on $U_{i} \times K$. By a diagonal argument we get that after passing to a subsequence we have smooth convergence of the $\Phi_{k}^{*}(g .)_{k}$ to a limit flow $(g .)_{\infty}$ on $M_{\infty} \times I_{\infty}$. Obviously $\left(g_{0}\right)_{\infty}=g_{\infty}$. This completes the proof.

As a special case we mention the following Theorem
Theorem 3.3.1. Let $M \times I_{k}$ be a sequence of Ricci flows with complete time slices and $x_{k} \in M$. Assume that the endpoints of $I_{k}$ converge to the endpoints of some interval $I_{\infty}=\left(T_{1}^{\infty}, T_{2}^{\infty}\right)$ or $\left(T_{1}^{\infty}, T_{2}^{\infty}\right]$ if $T_{2}^{\infty} \in I_{k}$ for large $k$. Moreover, assume that $T_{1}^{\infty}<0$ and that we have a uniform lower bound $\rho>0$ for injo (i.e. the injectivity radius of $M(0)$ ) and an upper bound for $\|R\|$ on all $M_{k} \times I_{k}$.

Then there is a subsequence $\left(M_{k_{i}}(0), x_{k_{i}}\right)$ that Gromov-Hausdorff converges to a pointed complete Riemannian manifold $\left(M_{\infty}(0), x_{\infty}\right)$ that is smooth everywhere and the Ricci flows $M \times I_{k}$ converge to a Ricci flow $M_{\infty} \times I_{\infty}$ on $M_{\infty}$.

Observe again that by the remarks after Theorem 3.2.4 it suffices to assume that $\operatorname{inj}_{0}\left(x_{k}\right) \geq \rho$ rather than $\operatorname{inj}_{0} \geq \rho$. In the situation of the Theorem we also say that the sequence $\left(M_{k_{i}} \times I_{k_{i}},\left(x_{k_{i}}, 0\right)\right.$ ) of pointed Ricci flows converges smoothly to ( $M_{\infty} \times I_{\infty},\left(x_{\infty}, 0\right)$ ).

Lateron we will sometimes say that a sequence $\left(M_{k} \times I_{k},\left(x_{k}, t_{k}\right)\right)$ of pointed Ricci flows smoothly converges to some Ricci flow $\left(M_{\infty} \times I_{\infty},\left(x_{\infty}, t_{\infty}\right)\right)$ if we have convergence of the Ricci flows that are shifted in time by $-t_{k}$ resp. $-t_{\infty}$.

Lemma 3.3.2. Let $l \in \mathbb{N}$. For any $-\infty<T_{1} \leq 0,0 \leq T_{2}<\infty$ and $C^{\prime}, C_{0}, \ldots, C_{l}<\infty$ we find constants $D_{0}, \ldots, D_{l}<\infty$ such that the following statement holds:
Let $M \times\left[T_{1}, T_{2}\right]$ be a Ricci flow with $\left\|\nabla^{i} R\right\|<C_{i}$ everywhere for $0 \leq i \leq l$. Consider a metric $\tilde{g}$ on $M$ that is $C^{\prime}$-bilipschitz to $g_{0}$ and denote by $|\cdot|:=\|\cdot\|_{0}$ and $\tilde{\nabla}$ the induced norm resp. Levi-Civita connection. Then $\left|\tilde{\nabla}^{i} g_{t}\right|<C_{i}$ for all $t \in\left[T_{1}, T_{2}\right]$ and $0 \leq i \leq l$.

Proof. We first prove that the norms $\langle\cdot, \cdot\rangle_{t}$ are $D^{\prime}$-Bilipschitz for a universal constant $D^{\prime}$. For any $v \in T M$ we have

$$
\frac{\mathrm{d}}{\mathrm{~d} t}\|v\|_{t}^{2}=-2 \operatorname{Ric}_{t}(v, v)
$$

and $\left|\operatorname{Ric}_{t}(v, v)\right| \leq\left\|\operatorname{Ric}_{t}\right\|_{t}\|v\|_{t}^{2} \leq \sqrt{n-1}\left\|R_{t}\right\|_{t}\|v\|_{t}^{2}$. So

$$
-2 \sqrt{n-1} C_{0}\|v\|_{t}^{2} \leq \frac{\mathrm{d}}{\mathrm{~d} t}\|v\|_{t}^{2} \leq 2 \sqrt{n-1} C_{0}\|v\|_{t}^{2}
$$

Hence $D^{\prime}=C^{\prime} \max \left\{\exp \left(-2 \sqrt{n-1} C_{0} T_{1}\right), \exp \left(2 \sqrt{n-1} C_{0} T_{2}\right)\right\}$ is an appropriate constant.
Next, we prove a refined version of Lemma 3.2.3. We claim that any tensor $s \in \Gamma T_{q}^{p} M$ satisfies

$$
\begin{equation*}
\left\|\tilde{\nabla}^{k} s-\nabla^{k} s\right\| \leq E \sum_{\substack{i_{0}+\ldots+i_{m}=k, i_{0}<k, m \geq 0}}\left\|\tilde{\nabla}^{i_{0}} s\right\|\left\|\tilde{\nabla}^{i_{1}} g\right\| \cdots\left\|\tilde{\nabla}^{i_{m}} g\right\| \tag{3.5}
\end{equation*}
$$

at any time $t \in\left[T_{1}, T_{2}\right]$ where $E$ depends only on $n, p, q$ and $k$ ( $g$ denotes the metric and $\|\cdot\|$ the norm at time $t$ ). The proof is by induction. For $k=0$ there is nothing to show. Assume that (3.5) holds for $k$. Then after replacing $s$ by $\tilde{\nabla} s$ we get

$$
\begin{equation*}
\left\|\tilde{\nabla}^{k+1} s-\nabla^{k} \tilde{\nabla} s\right\| \leq E_{1} \sum_{\substack{i_{0}+\ldots+i_{m}=k, i_{0}<k, m \geq 0}}\left\|\tilde{\nabla}^{i_{0}+1} s\right\|\left\|\tilde{\nabla}^{i_{1}} g\right\| \cdots\left\|\tilde{\nabla}^{i_{m}} g\right\| \tag{3.6}
\end{equation*}
$$

Moreover, the Koszul formula implies

$$
\tilde{\nabla} s-\nabla s=\tilde{\nabla} g *_{g} s=: s^{\prime}
$$

Here $\tilde{\nabla} g *_{g} s$ denotes an $O(g)$ equivariant contraction of $\tilde{\nabla} g \otimes s$. An application of (3.5) for $s^{\prime}$ gives

$$
\begin{equation*}
\left\|\nabla^{k} s^{\prime}\right\| \leq\left\|\tilde{\nabla}^{k} s^{\prime}\right\|+E_{2} \sum_{\substack{i_{0}+\ldots+i_{m}=k, i_{0}<k, m \geq 0}}\left\|\tilde{\nabla}^{i_{0}} s^{\prime}\right\|\left\|\tilde{\nabla}^{i_{1}} g\right\| \cdots\left\|\tilde{\nabla}^{i_{m}} g\right\| \tag{3.7}
\end{equation*}
$$

Observe that

$$
\begin{equation*}
\left\|\tilde{\nabla}^{i} s^{\prime}\right\|=\left\|\tilde{\nabla}^{i}\left(\tilde{\nabla} g *_{g} s\right)\right\|=E_{3} \sum_{\substack{i_{0}+\ldots+i_{m}=i+1, i_{0}<i+1, m \geq 0}}\left\|\tilde{\nabla}^{i_{0}} s\right\|\left\|\tilde{\nabla}^{i_{1}} g\right\| \cdots\left\|\tilde{\nabla}^{i_{m}} g\right\| \tag{3.8}
\end{equation*}
$$

Combining (3.6), (3.7) and (3.8) gives

$$
\begin{aligned}
&\left\|\tilde{\nabla}^{k+1} s-\nabla^{k+1} s\right\| \leq\left\|\tilde{\nabla}^{k+1} s-\nabla^{k} \tilde{\nabla} s\right\|+\left\|\nabla^{k} \tilde{\nabla} s-\nabla^{k+1} s\right\| \\
& \leq E_{4} \sum_{\substack{i_{0}+\ldots+i_{m}=k+1, i_{0}<k+1, m \geq 0}}\left\|\tilde{\nabla}^{i_{0}} s\right\|\left\|\tilde{\nabla}^{i_{1}} g\right\| \cdots\left\|\tilde{\nabla}^{i_{m}} g\right\|
\end{aligned}
$$

as desired.
In the first part of the proof we showed that the assertion holds for $l=0$. Now assume that it is true for $l$. We will show that it also holds for $l+1$. First observe that by successive application of (3.5) we can show that there are constants $F_{0}, \ldots, F_{l}<\infty$ that only depend on $n, C_{1}, \ldots, C_{l}, D_{1}, \ldots, D_{l}$ such that $\left\|\tilde{\nabla}^{j} \operatorname{Ric}_{t}\right\|<F_{j}$ for all $0 \leq j \leq l$. Next, we calculate

$$
\frac{\mathrm{d}}{\mathrm{~d} t}\left|\tilde{\nabla}^{l+1} g_{t}\right|^{2}=2\left\langle\frac{\mathrm{~d}}{\mathrm{~d} t} \tilde{\nabla}^{l+1} g_{t}, g_{t}\right\rangle_{0}=-4\left\langle\tilde{\nabla}^{l+1} \operatorname{Ric}_{t}, g_{t}\right\rangle_{0}
$$

and

$$
\begin{aligned}
& \left|\left\langle\tilde{\nabla}^{l+1} \operatorname{Ric}_{t}, g_{t}\right\rangle_{0}\right| \leq\left|\tilde{\nabla}^{l+1} \operatorname{Ric}_{t}\right| \cdot\left|g_{t}\right| \leq \sqrt{D^{\prime}}\left|\left\|\tilde{\nabla}^{l+1} \operatorname{Ric}_{t}\right\|_{t} \cdot\right| g_{t} \mid \\
& \leq \sqrt{D^{\prime}}\left\|\nabla^{l+1} \operatorname{Ric}_{t}\right\|_{t} \cdot\left|g_{t}\right|+\sqrt{D^{\prime}} E \sum_{\substack{i_{0}+\ldots i_{m}=l+1, i_{0}<l+1, m \geq 0}}\left\|\tilde{\nabla}^{i_{0}} \operatorname{Ric}_{t}\right\|_{t}\left\|\tilde{\nabla}^{i_{1}} g_{t}\right\|_{t} \cdots\left\|\tilde{\nabla}^{i_{m}} g_{t}\right\|_{t} \\
& \leq \sqrt{n D^{\prime}} D^{\prime} C_{l+1}+\sqrt{D^{\prime}} E \sum_{\substack{i_{0}+\ldots+i_{m}=l+1, i_{0}<l+1, m \geq 0}}\left(D^{\prime}\right)^{\left(i_{1} / 2+1\right)+\ldots+\left(i_{m} / 2+1\right)} F_{i_{0}}\left|\tilde{\nabla}^{i_{1}} g_{t}\right| \cdots\left|\tilde{\nabla}^{i_{m}} g_{t}\right|
\end{aligned}
$$

We can bound all terms on the right hand side except $\left|\tilde{\nabla}^{l+1} g_{t}\right|$. Thus

$$
\left.\left.\left|\frac{\mathrm{d}}{\mathrm{~d} t}\right| \tilde{\nabla}^{l+1} g_{t}\right|^{2}|\leq A| \tilde{\nabla}^{l+1} g_{t}|+B| \tilde{\nabla}^{l+1} g_{t}\right|^{2}
$$

for some constants $A, B$. Integrating this inequality gives the desired result.

### 3.4 A lower bound on the injectivity radius

We now introduce a tool that will later help us to bound injectivity radii by more convienient quantities.

Proposition 3.4.1. For any $n \in \mathbb{N}, \kappa, r<\infty$ and $\mu>0$ there is a constant $\alpha\left(n, \kappa r^{2}, \frac{\mu}{r^{n}}\right)>$ 0 such that the following holds:
Let $(M, g)$ be a Riemannian manifold, $x \in M$ such that $B_{r}(x)$ is relatively compact and $-(n-1) \kappa \leq$ Ric as well as for the sectional curvature $K \leq \kappa$ on $B_{r}(x)$. Then if $\operatorname{vol} B_{r}(x) \geq \mu$, we have $\operatorname{inj}(x) \geq r \alpha$.

Proof. See [CGT, Thm 4.3]. Observe that the lower sectional curvature bound can be replaced by the lower bound on the Ricci curvature without modifications of the proof. Moreover, by the Bishop-Gromov Theorem 1.4.2 we may replace the lower bound on the volume of a smaller ball $B_{s}(p) \subset B_{r}(p)$ by a lower bound on the volume of the ball $B_{r}(x)$ itself.

The reverse can be shown easily
Proposition 3.4.2. For any $n \in \mathbb{N}, \rho>0$ and $\kappa<\infty$ there is a constant $\mu^{\prime}\left(n, \kappa \rho^{2}\right)$ such that if $(M, g)$ is a Riemannian manifold, $\operatorname{inj}(x) \geq \rho$ for some $x \in M$ and the sectional curvature on $B_{\rho}(x)$ satisfies $K \leq \kappa$, then $\operatorname{vol} B_{\rho}(x)>\mu^{\prime} \rho^{n}$.

### 3.5 Tangential cones

Proposition 3.5.1. Let $\left(X, d_{X}\right)$ be a metric space that is locally Alexandrov of curvature $\geq 0$ in $p \in X$. Assume that for any $\varepsilon>0$ the quantity $N_{\lambda \varepsilon}^{(X, p)}(\lambda)$ is uniformly bounded for $\lambda \rightarrow 0$. Denote by $\frac{1}{\lambda} X$ the rescaled space $\left(X, \frac{1}{\lambda} d_{X}\right)$. Then $\left(\frac{1}{\lambda} X, p\right)$ Gromov-Hausdorff converges as $\lambda \rightarrow 0$ to a metric cone $\left(C, p_{\infty}\right)$ which an Alexandrov space of curvature $\geq 0$.

We call $\left(C, p_{\infty}\right)$ the tangential cone of $X$ in $p$. Note that the Proposition is still true if we just require $(X, d)$ to be Alexandrov of curvature $\geq \kappa$ in $p$. However, we will not need this fact subsequently.

Proof. We just consider the case in which $(X, d)$ is globally an Alexandrov space of curvature $\geq 0$. It will be clear how to manage the local case. In the following we will consider all minimizing geodesics to be parameterized by arclength. Consider the quotient

$$
N:=\{\sigma:[0, \delta] \rightarrow X: \delta>0, \quad \sigma \text { minimizing geodesic, } \sigma(0)=p\} / \sim
$$

where $\sigma_{1} \sim \sigma_{2}$ if $\left.\sigma_{1}\right|_{\left[0, \delta_{2}\right]}=\sigma_{2}$ or $\sigma_{1}=\left.\sigma_{2}\right|_{\left[0, \delta_{1}\right]}$ for two minimizing geodesics $\sigma_{1 / 2}$ : $\left[0, \delta_{1 / 2}\right] \rightarrow X$ (recall that geodesics in Alexandrov spaces do not branch). Define a metric on $N$ via

$$
d_{N}\left(\left[\sigma_{1}\right],\left[\sigma_{2}\right]\right):=\varangle_{p}\left(\sigma_{1}, \sigma_{2}\right)=\lim _{t, s \rightarrow 0} \widetilde{\varangle} \sigma_{1}\left(s_{1}\right) p \sigma_{2}\left(s_{2}\right) .
$$

Observe that by property (B) in the definition of Alexandrov spaces, this limit exists and is positive if $\left[\sigma_{1}\right] \neq\left[\sigma_{2}\right]$. Moreover, $\operatorname{diam} N \leq \pi$.

We show that $N$ is totally bounded: Assume not. Then for some $\varepsilon>0$ there is sequence $\left[\sigma_{1}\right],\left[\sigma_{2}\right], \ldots \in N$ (where the $\sigma_{i}:\left[0, \delta_{i}\right] \rightarrow X$ are minimizing geodesics starting in $p$ ) such that $d_{N}\left(\sigma_{i}, \sigma_{j}\right) \geq \varepsilon$ for all $i \neq j$. This implies that for $\varepsilon^{\prime}=\sin \left(\frac{\varepsilon}{2}\right)$ any two balls $B_{\lambda \varepsilon^{\prime}}\left(\sigma_{i}(\lambda)\right)$ and $B_{\lambda \varepsilon^{\prime}}\left(\sigma_{j}(\lambda)\right)$ are disjoint for $i \neq j$ and $\lambda \in\left[0, \delta_{i}\right] \cap\left[0, \delta_{j}\right]$. Now pick an arbitrary number $k \in \mathbb{N}$. Choose $\lambda>0$ so small that $\lambda<\delta_{1}, \ldots, \delta_{k}$. Then the balls $B_{\lambda \varepsilon^{\prime}}\left(\sigma_{i}(\lambda)\right)$ are pairwise disjoint for $i=1, \ldots, k$. Choose a $\lambda \varepsilon^{\prime}$-net $\left\{x_{1}, \ldots, x_{m}\right\}$ of $B_{\lambda}(p)$. It is easy to see that $m \geq k$ since otherwise there would be two points $\sigma_{i}(\lambda), \sigma_{j}(\lambda)$ that lie within a $\lambda \varepsilon^{\prime}$ distance to some $x_{l}$ contradicting the disjointness mentioned above. So for any $k$ we have $N_{\lambda \varepsilon^{\prime}}^{(X, p)}(\lambda) \geq k$ for small $\lambda$ contradicting the assumption of the Proposition.

Let $\bar{N}$ be the completion of $N$. Obviously $\bar{N}$ is compact. Denote by $\left(C, p_{\infty}\right)$ the metric cone over $\left(\bar{N}, d_{\bar{N}}\right)$. It is clear that

$$
\begin{align*}
d_{C}\left(\left(t_{1},\left[\sigma_{1}\right]\right),\left(t_{1},\left[\sigma_{1}\right]\right)\right) & =\sqrt{t_{1}^{2}+t_{2}^{2}-2 t_{1} t_{2} \cos \lim _{\lambda \rightarrow 0} \widetilde{\widetilde{\sigma}} \sigma_{1}\left(\lambda t_{1}\right) p \sigma_{2}\left(\lambda t_{2}\right)} \\
& =\lim _{\lambda \rightarrow 0} \frac{1}{\lambda} d_{X}\left(\sigma_{2}\left(\lambda t_{1}\right), \sigma_{2}\left(\lambda t_{2}\right)\right) \tag{3.9}
\end{align*}
$$

Recall that $\frac{1}{\lambda} d_{X}\left(\sigma_{2}\left(\lambda t_{1}\right), \sigma_{2}\left(\lambda t_{2}\right)\right)$ is nonincreasing in $\lambda$.
We will now show that we have Gromov-Hausdorff convergence of the $\left(\frac{1}{\lambda} X, p\right)$ to $\left(C, p_{\infty}\right)$ for $\lambda \rightarrow 0$. For this we will check property ( $\mathrm{A}^{\prime}$ ) of subsection 3.1.2. Let $\varepsilon>0$ and $r<\infty$. Choose an $\varepsilon$-net $\left\{x_{0}=p_{\infty}, x_{1}, \ldots, x_{m}\right\}$ of $B_{r}^{C}\left(p_{\infty}\right)$ where $x_{i}=\left(t_{i},\left[\sigma_{i}\right]\right)$. Let $0<\lambda \leq 1$ be so small that we can assume all $\sigma_{i}$ to be defined on $[0, \lambda]$ and set $x_{i}^{\lambda}:=\sigma_{i}\left(\lambda t_{i}\right)$.

We first show that $\left\{x_{0}^{\lambda}=p, x_{1}^{\lambda}, \ldots, x_{m}^{\lambda}\right\}$ is an $\varepsilon$-net of $B_{r}^{\frac{1}{\lambda} X}(p)$ or equivalently a $\lambda \varepsilon$-net of $B_{\lambda r}^{X}(p)$ : Let $y \in B_{\lambda r}^{X}(p)$ and choose a minimizing geodesic $\gamma:[0, l] \rightarrow X$ between $p$ and $y$. Then $y^{\prime}:=(l,[\gamma]) \in B_{r}^{C}\left(p_{\infty}\right)$ and thus $d_{C}\left(y^{\prime}, x_{i}\right)<\varepsilon$ for some $0 \leq i \leq m$. By (3.9) we have $d_{X}\left(\gamma(\lambda l), \sigma_{i}\left(\lambda t_{i}\right)\right) \leq \lambda d_{C}\left(y^{\prime}, x_{i}\right)<\lambda \varepsilon$.

Furthermore, (3.9) implies that for small $\lambda$ we have

$$
\left|\frac{1}{\lambda} d_{X}\left(x_{i}^{\lambda}, x_{j}^{\lambda}\right)-d_{C}\left(x_{i}, x_{j}\right)\right|<\varepsilon \quad \text { for any } 0 \leq i, j \leq m
$$

Using property (C) in the Definition of Alexandrov spaces, we conclude that $\left(C, p_{\infty}\right)$ is an Alexandrov space of curvature $\geq 0$.

### 3.6 The asymptotic cone

Proposition 3.6.1. Let $\left(X, d_{X}\right)$ be an Alexandrov space of curvature $\geq 0$ and $p \in X$. Then $(\lambda X, p)$ Gromov-Hausdorff converges as $\lambda \rightarrow 0$ to a metric cone $\left(C, p_{\infty}\right)$ which is also an Alexandrov space of curvature $\geq 0$. Moreover, the isometry class of $C$ does not depend on the choice of $p$.

If there is an isometric embedding of the Euclidean space $\mathbb{R}^{n} \hookrightarrow C$ for some $n$, then there is also an isometric embedding $\mathbb{R}^{n} \hookrightarrow X$.

We call $\left(C, p_{\infty}\right)$ the asymptotic cone of $X$.
Proof. We define a pseudometric on the set

$$
N^{\prime}:=\{\sigma:[0, \infty) \rightarrow X: \sigma \text { ray, } \sigma(0)=p\}
$$

by

$$
d_{N^{\prime}}\left(\sigma_{1}, \sigma_{2}\right):=\lim _{s, t \rightarrow \infty} \widetilde{\varangle} \sigma_{1}(s) p \sigma_{2}(t)
$$

Observe that the limit is well defined (by property (B) in the definition of Alexandrov spaces) and that $d_{N^{\prime}}$ is a pseudometric with $d_{N^{\prime}} \leq \pi$. Let ( $N, d_{N}$ ) be the metric space obtained by quotienting out points whose distance is 0 . Since closed distance balls around $p$ are compact and by property ( B ) in the definition of Alexandrov spaces, we conclude that $N$ is compact. Let $\left(C, p_{\infty}\right)$ be the metric cone over $N$. Then for $\left(t_{1},\left[\sigma_{1}\right]\right),\left(t_{2},\left[\sigma_{2}\right]\right) \in C$ we have

$$
\begin{equation*}
d_{C}\left(\left(t_{1},\left[\sigma_{1}\right]\right),\left(t_{2},\left[\sigma_{2}\right]\right)\right)=\lim _{\lambda \rightarrow 0} \lambda d_{X}\left(\sigma_{1}\left(\frac{t_{1}}{\lambda}\right), \sigma_{2}\left(\frac{t_{2}}{\lambda}\right)\right) \tag{3.10}
\end{equation*}
$$

and $\lambda d\left(\sigma_{1}\left(\frac{t_{1}}{\lambda}\right), \sigma_{2}\left(\frac{t_{2}}{\lambda}\right)\right)$ is nondecreasing in $\lambda$.
Now we want to show using property ( $\mathrm{A}^{\prime}$ ) from subsection 3.1.2, that the pointed metric spaces $(\lambda X, p)$ converge to $\left(C, p_{\infty}\right)$ as $\lambda \rightarrow 0$. Fix some $\varepsilon>0$ and $r<\infty$. Since $B_{r}^{C}\left(p_{\infty}\right)$ is totally bounded, we may choose an $\frac{\varepsilon}{2}$-net $\left\{x_{0}=p_{\infty}, x_{1}, \ldots, x_{m}\right\}$ of $B_{r}^{C}\left(p_{\infty}\right)$. Write $x_{i}=\left(t_{i},\left[\sigma_{i}\right]\right)$. For any $\lambda>0$ set $x_{i}^{\lambda}:=\sigma_{i}\left(\frac{t_{i}}{\lambda}\right)$.

We first show that $\left\{x_{0}^{\lambda}=p, x_{1}^{\lambda}, \ldots, x_{m}^{\lambda}\right\}$ is an $\varepsilon$-net of $B_{r}^{\lambda X}(p)$ or equivalently a $\frac{\varepsilon}{\lambda}$-net of $B_{r}^{X}(p)$ for small $\lambda$. Assume that this is not the case. Then there are a sequence $\lambda_{k} \rightarrow 0$ and a sequence $y_{k} \in B_{r / \lambda_{k}}^{X}(p)$ such that $d_{X}\left(y_{k}, x_{i}^{\lambda_{k}}\right) \geq \frac{\varepsilon}{\lambda_{k}}$ for any $0 \leq i \leq m$. Let $\gamma_{k}$ be minimizing geodesics between $p$ and $y_{k}$. Since $l_{k}:=d_{X}\left(y_{k}, p\right)=d_{X}\left(y_{k}, x_{0}^{\lambda_{k}}\right) \geq \frac{\varepsilon}{\lambda_{k}} \rightarrow \infty$, we may assume after passing to a subsequence that the minimizing geodesics $\gamma_{k}$ converge to some ray $\gamma$ with $\gamma(0)=p$ (note that bounded subsets of $X$ are relatively compact). Now observe that $\varepsilon \leq \lambda_{k} l_{k}<r$, so after passing to a subsequence we may also assume that $\lambda_{k} l_{k} \rightarrow t \in[2 \varepsilon, r]$. Set $y^{\prime}:=(t,[\gamma]) \in \bar{B}_{r}^{C}(p)$ and choose $i$ such that $d_{C}\left(y^{\prime}, x_{i}\right) \leq \frac{\varepsilon}{2}$. Then for all $k$

$$
\begin{equation*}
\varepsilon \leq d_{\lambda_{k} X}\left(y_{k}, x_{i}^{\lambda_{k}}\right) \leq \lambda_{k} d_{X}\left(y_{k}, \gamma\left(\frac{t}{\lambda_{k}}\right)\right)+\lambda_{k} d_{X}\left(\gamma\left(\frac{t}{\lambda_{k}}\right), \sigma_{i}\left(\frac{t_{i}}{\lambda_{k}}\right)\right) \tag{3.11}
\end{equation*}
$$

Since $\lambda_{k} l_{k} \rightarrow t$, we conclude that for small $\lambda_{k}$ we have $\lambda_{k} d_{X}\left(y_{k}, \gamma\left(\frac{t}{\lambda_{k}}\right)\right)=\lambda_{k} d_{X}\left(\gamma_{k}\left(l_{k}\right), \gamma\left(\frac{t}{\lambda_{k}}\right)\right) \leq$ $\lambda_{k} l_{k} d_{X}\left(\gamma_{k}(1), \gamma\left(\frac{t}{\lambda_{k} l_{k}}\right)\right) \rightarrow 0$. So by (3.10) we conclude that the right hand side of (3.11) becomes $<\varepsilon$ for large $k$. A contradiction. So $\left\{x_{0}^{\lambda}, \ldots, x_{m}^{\lambda}\right\}$ is indeed an $\varepsilon$-net of $B_{r}^{\lambda X}(p)$ for small $\lambda$.

In addition, equation (3.10) gives us that for small $\lambda$ we have

$$
\left|d\left(x_{i}, x_{j}\right)-d\left(x_{i}^{\lambda}, x_{j}^{\lambda}\right)\right|<\varepsilon \quad \text { for all } 0 \leq i, j \leq m
$$

So in fact, we have pointed Gromov-Hausdorff convergence.
The fact that the asymptotic cone is independend of the base point $p$ and the last assertion of the Proposition are clear.

## Chapter 4

## No local collapsing

In this chapterr we prove the No Local Collapsing Theorem that will later give us a usefull lower bound on the injectivity radius in a Ricci flow. We will give a brief overview over the arguments developed in [Per1, Sec 7]. For detailed computations and technical issues see [KL, Sec 14ff], [MT, Chp 6], [Top], [Mül]. Note that [Per1, Sec 9] gives an interpretation of these arguments.

## $4.1 \quad \mathcal{L}$-geometry

Let $M \times[0, T]$ be a Ricci flow. Choose a basepoint $\left(x_{0}, t_{0}\right) \in M \times[0, T]$. Depending on $t_{0}$ we introduce a new (backward time) parameter $\tau:=t_{0}-t$ on $M \times[0, T]$. In the following we will most often parameterize geometric quantities by $\tau$ rather than $t$ if there is no chance of confusion, so e.g. $S(x, \tau)$ denotes the scalar curvature at $x$ at time $t_{0}-\tau$, $\langle\cdot, \cdot\rangle_{\tau}$ the metric, $\nabla^{\tau}$ the Levi-Civita connection etc.

Definition 4.1.1. Let $\gamma:\left[\tau_{1}, \tau_{2}\right] \rightarrow M$ be a piecewise smooth curve (where $0 \leq \tau_{1}<\tau_{2} \leq$ $\left.t_{0}\right)$. Imagine $\gamma$ parameterized in space-time and define the $\mathcal{L}$-length of $\gamma$ by

$$
\mathcal{L}(\gamma):=\int_{\tau_{1}}^{\tau_{2}} \sqrt{\tau}\left(\left\|\frac{\mathrm{~d} \gamma}{\mathrm{~d} \tau}\right\|_{\tau}^{2}+S(\gamma(\tau), \tau)\right) \mathrm{d} \tau
$$

We want to minimize the $\mathcal{L}$ functional. Associate to $\gamma$ the velocity vector field $X \in$ $\Gamma^{\gamma}(T M)$ via $X:=\frac{\mathrm{d} \gamma}{\mathrm{d} \tau}=-\dot{\gamma}$. At the non-smooth points we denote by $X^{-}$resp. $X^{+}$the left resp. right derivatives. Choose a vector field $Y \in \Gamma^{\gamma} T M$ along $\gamma$ and a variation $\gamma:(-\delta, \delta) \times\left[\tau_{1}, \tau_{2}\right] \rightarrow M$ with $\gamma_{0}=\gamma$ and $\left.\frac{\partial}{\partial s}\right|_{s=0} \gamma_{s}(\tau)=Y(\tau)$. We can extend the vector fields $X$ and $Y$ along $\gamma$ to vector fields along $\gamma$. by $X(s, \tau)=\frac{\partial}{\partial \tau} \gamma_{s}(\tau)$ and $Y(s, \tau)=\frac{\partial}{\partial s} \gamma_{s}(\tau)$. A straight forward calculation gives

Lemma 4.1.2 (first variation). Assume that $\gamma$ has breaking points $\tau_{0}^{\prime}=\tau_{1}<\tau_{2}^{\prime}<\ldots<$ $\tau_{k}^{\prime}=\tau_{2}$. Then

$$
\begin{aligned}
\frac{\mathrm{d}}{\mathrm{~d} s} \mathcal{L}\left(\gamma_{s}\right)=\int_{\tau_{1}}^{\tau_{2}} \sqrt{\tau}\langle\nabla S- & \left.2 \nabla_{X} X-4 \operatorname{Ric}(X)-\frac{1}{\tau} X, Y\right\rangle \mathrm{d} \tau \\
& +\left.2 \sqrt{\tau}\langle X, Y\rangle_{\tau}\right|_{\tau_{1}} ^{\tau_{2}}+\sum_{i=2}^{k-1} 2 \sqrt{\tau_{i}^{\prime}}\left\langle X^{-}\left(\tau_{i}^{\prime}\right)-X^{+}\left(\tau_{i}^{\prime}\right), Y\left(\tau_{i}^{\prime}\right)\right\rangle_{\tau_{i}^{\prime}}
\end{aligned}
$$

where the geometric quantities under the integral sign are taken at time $\tau$.
So the Euler-Lagrange equations for $\mathcal{L}$ are (we will always consider the geometric quantities at time $\tau$ )

$$
\begin{equation*}
\nabla_{X} X-\frac{1}{2} \nabla S+2 \operatorname{Ric}(X)+\frac{1}{2 \tau} X=0 . \tag{4.1}
\end{equation*}
$$

Via $X=\frac{\mathrm{d} \gamma}{\mathrm{d} \tau}$ equation (4.1) becomes an ODE of second order which we call the $\mathcal{L}$-geodesic equation. If $\gamma$ satisfies (4.1), we call $\gamma$ an $\mathcal{L}$-geodesic. If $\gamma$ has the property that $\mathcal{L}(\gamma) \leq$ $\mathcal{L}\left(\gamma^{\prime}\right)$ for any $\gamma^{\prime}:\left[\tau_{1}, \tau_{2}\right] \rightarrow M$ with $\gamma^{\prime}\left(\tau_{1}\right)=\gamma\left(\tau_{1}\right)$ and $\gamma^{\prime}\left(\tau_{2}\right)=\gamma\left(\tau_{2}\right)$, we say that $\gamma$ is $\mathcal{L}$-minimizing. The first variation formula implies that any $\mathcal{L}$-minimizing curve is also $\mathcal{L}$-geodesic.

A reparameterization via $\tau=s^{2}$ yields for $X^{\prime}:=\frac{\mathrm{d} \gamma}{\mathrm{d} s}=2 s X$

$$
\begin{equation*}
\nabla_{X^{\prime}} X^{\prime}-2 s^{2} \nabla S+4 s \operatorname{Ric}\left(X^{\prime}\right)=0 \tag{4.2}
\end{equation*}
$$

This implies that given any time $0<\tau \leq \tau_{0}$ and any vector $X(\tau) \in T M$ we can solve (4.1) forwards and backwards in time and obtain a smooth $\mathcal{L}$-geodesic $\gamma:\left[0, t_{0}\right] \rightarrow M$. Furthermore, the limit $v:=\lim _{\tau \rightarrow 0} \sqrt{\tau} X(\tau) \in T_{x_{0}} M$ exists and for any $v \in T_{x_{0}} M$ there is exactly one $\mathcal{L}$-geodesic $\gamma_{v}$ with this property. We can now define the $\mathcal{L}$-exponential map: For any $v \in T_{x_{0}} M$ and $\tau>0$ set $\mathcal{L} \exp _{x_{0}, t_{0}}^{\tau}(v):=\gamma_{v}(\tau)$. Note that in view of (4.2) we have the convergence

$$
\mathcal{L} \exp _{x_{0}, t_{0}}^{\tau}\left(\frac{v}{2 \sqrt{\tau}}\right) \xrightarrow[\tau \rightarrow 0]{ } \exp _{x_{0}, t_{0}}(v)
$$

which is smooth in $v$. Here $\exp _{x_{0}, t_{0}}$ denotes the exponential map in $x_{0}$ at time $t_{0}$.
Finally, we mention that we can compute the $\mathcal{L}$-length of $\gamma$ under the reparameterization $\tau=s^{2}$ by

$$
\begin{equation*}
\mathcal{L}(\gamma)=\int_{\sqrt{\tau_{1}}}^{\sqrt{\tau_{2}}}\left(\frac{1}{2}\left\|X^{\prime}\right\|^{2}+2 s^{2} S\left(\gamma\left(s^{2}\right), s^{2}\right)\right) \mathrm{d} s \tag{4.3}
\end{equation*}
$$

Let

$$
D_{x_{0}, t_{0}}^{\tau}:=\left\{v \in T_{x_{0}} M: \begin{array}{l}
\gamma_{v}:[0, \tau+\delta] \rightarrow M  \tag{4.4}\\
\text { is } \mathcal{L} \text {-minimizing for some } \delta>0
\end{array}\right\}
$$

be the domain of $\mathcal{L} \exp$. It is easy to see that $D_{x_{0}, t_{0}}^{\tau}$ is open and $D_{x_{0}, t_{0}}^{\tau_{1}} \supset D_{x_{0}, t_{0}}^{\tau_{2}}$ for $\tau_{1}<\tau_{2}$.
Using the results devoloped so far we are able to prove
Lemma 4.1.3. $\mathcal{L}$-geodesics $\gamma:\left[\tau_{1}, \tau_{2}\right] \rightarrow M$ are locally minimizing (also at time 0 ), i.e. for any $\tau \in\left[\tau_{1}, \tau_{2}\right]$ there is a closed interval $I \subset\left[\tau_{1}, \tau_{2}\right]$ which is a neighborhood of $\tau$ such that $\left.\gamma\right|_{I}$ is a minimizing $\mathcal{L}$-geodesic.

Moreover, if the time slices of $M \times[0, T]$ are complete and the curvature on $M \times[0, T]$ is uniformly bounded, then for any two points $x_{1}, x_{2} \in M$ and any $0 \leq \tau_{1}<\tau_{2} \leq t_{0}$ there is a minimizing $\mathcal{L}$-geodesic $\gamma:\left[\tau_{1}, \tau_{2}\right] \rightarrow M$ with $\gamma\left(\tau_{1}\right)=x_{1}$ and $\gamma\left(\tau_{2}\right)=x_{2}$.

Assume from now on that $M$ is connected, the time slices of $M \times[0, T]$ are complete and the curvature on $M \times[0, T]$ is uniformly bounded. In this case $\mathcal{L} \exp _{x_{0}, t_{0}}^{\tau}$ is surjective for all $\tau$. Furthermore, we can show that $M \backslash \exp _{x_{0}, t_{0}}^{\tau} D_{x_{0}, t_{0}}^{\tau}$ is a set of measure zero.

For any point $x \in M$ and any time $\tau \in\left[0, t_{0}\right]$ we set

Observe that this infimum is realized.
Put $\bar{L}(x, \tau):=2 \sqrt{\tau} L(x, \tau)$ and $l(x, \tau):=\frac{1}{2 \sqrt{\tau}} L(x, \tau)$. Note that $l$ is invariant under parabolic rescaling and $\bar{L}(x, \tau) \rightarrow \operatorname{dist}_{0}^{2}\left(x_{0}, x\right)$ for $\tau \rightarrow 0$ by (4.3). Moreover by (4.3) we conclude $l\left(\gamma_{v}(\tau), \tau\right) \rightarrow\|v\|^{2}$ for $\tau \rightarrow 0$.

For on any time slice $M\left(t_{0}-\tau\right)$ and any two local vector fields $A, B$ put

$$
\begin{aligned}
H_{\tau}(A, B):=-\nabla_{B, B}^{2} S+2\langle R(A, B) B & , A\rangle-4\left(\nabla_{A} \operatorname{Ric}\right)(B, B)+4\left(\nabla_{B} \operatorname{Ric}\right)(A, B) \\
& +2\left(\nabla_{T} \operatorname{Ric}\right)(B, B)-2\|\operatorname{Ric}(B)\|^{2}-\frac{1}{\tau} \operatorname{Ric}(B, B)
\end{aligned}
$$

where all geometric quantities on the right hand side are taken at time $\tau$. Observe that $\left(\nabla_{T} \operatorname{Ric}\right)(B, B)=-\frac{\partial}{\partial \tau} \operatorname{Ric}(B, B)+4\|\operatorname{Ric}(B)\|^{2}$. For a local orthonormal frame $\left(e_{i}\right)$ set

$$
\begin{aligned}
H_{\tau}(A):=\sum_{i} H_{\tau}\left(A, e_{i}\right)=-\triangle S+2 \operatorname{Ric}(A, A) & -2\langle\nabla S, A\rangle-2 \frac{\partial}{\partial \tau} S-2\|\operatorname{Ric}\|^{2}-\frac{1}{\tau} S \\
& =-\frac{\partial}{\partial \tau} S+2 \operatorname{Ric}(A, A)-2\langle\nabla S, A\rangle-\frac{1}{\tau} S .
\end{aligned}
$$

Let now $0<\tau \leq t_{0}$ and consider an $\mathcal{L}$-geodesic $\gamma:[0, \tau] \rightarrow M\left(\gamma=\gamma_{v}\right.$ for some $\left.v \in T_{x_{0}} M\right)$ with associated velocity vector field $X$. We can compute

$$
\frac{\mathrm{d}}{\mathrm{~d} \tilde{\tau}}\left(\|X(\tilde{\tau})\|_{\tilde{\tau}}^{2}+S(\gamma(\tilde{\tau}), \tilde{\tau})\right)=-H_{\tilde{\tau}}(X(\tilde{\tau}))-\frac{1}{\tilde{\tau}}\left(S(\gamma(\tilde{\tau}), \tilde{\tau})+\|X(\tilde{\tau})\|_{\tilde{\tau}}^{2}\right) .
$$

Integrating this equation gives

$$
\begin{equation*}
\tau^{3 / 2}\left(\|X(\tau)\|_{\tau}^{2}+S(\gamma(\tau), \tau)\right)=-K_{\tau}+\frac{1}{2} \mathcal{L}(\gamma) \tag{4.5}
\end{equation*}
$$

where we put

$$
K_{\tau}:=\int_{0}^{\tau} \tilde{\tau}^{3 / 2} H_{\tilde{\tau}}(X(\tilde{\tau})) \mathrm{d} \tilde{\tau} .
$$

We can now compute using (4.5) and the first variation formula that in the barrier sense

$$
\begin{equation*}
\frac{\partial}{\partial \tau} \bar{L}(x, \tau) \leq 4 \tau S(x, \tau)+\frac{2}{\sqrt{\tau}} K_{\tau} . \tag{4.6}
\end{equation*}
$$

Equality holds if $v \in D_{x_{0}, t_{0}}^{\tau}$. Furthermore, again by (4.5) we have for $v \in D_{x_{0}, t_{0}}^{\tau}$

$$
\begin{equation*}
\left.\frac{\mathrm{d}}{\mathrm{~d} \tilde{\tau}}\right|_{\tilde{\tau}=\tau} l(\gamma(\tilde{\tau}), \tilde{\tau})=-\frac{1}{2 \tau^{3 / 2}} K_{\tau} . \tag{4.7}
\end{equation*}
$$

Consider a variation $\gamma:(-\delta, \delta) \times[0, \tau] \rightarrow M$ of an $\mathcal{L}$-geodesic $\gamma$ and the associated vector fields $X$ and $Y$ along $\gamma$. as above. Note that for any vector field along $\gamma$ we can find a variation $\gamma$. such that $\left(\nabla_{Y} Y\right)(\cdot, \tilde{\tau})=0$ for all $\tilde{\tau} \in[0, \tau]$.

Lemma 4.1.4 (second variation). If $\left(\nabla_{Y} Y\right)(0, \tau)=0$ (only at $\tau$ ), we have

$$
\begin{aligned}
&\left.\frac{\mathrm{d}^{2}}{\mathrm{~d} s^{2}}\right|_{s=0} \mathcal{L}\left(\gamma_{s}\right)=2 \sqrt{\tau}\left\langle\nabla_{Y} X, Y\right\rangle(0, \tau)=\int_{0}^{\tau} \sqrt{\tilde{\tau}}\left[\nabla_{Y, Y}^{2} S-2\langle R(X, Y) Y, X\rangle\right. \\
&\left.+2\left\|\nabla_{X} Y\right\|^{2}+2\left(\nabla_{X} \operatorname{Ric}\right)(Y, Y)-4\left(\nabla_{Y} \operatorname{Ric}\right)(X, Y)\right] \mathrm{d} \tilde{\tau}
\end{aligned}
$$

where we consider all geometric quantities under the integral sign at time $\tilde{\tau}$.
Choose first $Y$ along $\gamma$ such that

$$
\begin{equation*}
\left(\nabla_{\partial_{\tau}+X} Y\right)(\tilde{\tau})=\frac{1}{2 \tilde{\tau}} Y(\tilde{\tau}) \tag{4.8}
\end{equation*}
$$

(this is also often expressed by $\left.\nabla_{X} Y=-\operatorname{Ric}(Y)+\frac{1}{2 \tau} Y\right)$. Note that this implies $\|Y(\tilde{\tau})\|^{2}=$ $\frac{\tilde{\tau}}{\tau}\|Y(\tilde{\tau})\|^{2}$. Consider a variation $\gamma$. of $Y$ such that $\left(\nabla_{Y} Y\right)(0, \tau)=0$. Plugging the defining equation for $Y$ into the second variation formula and integrating by parts gives

$$
\begin{equation*}
\operatorname{Hess}_{L}(Y(\tau), Y(\tau)) \leq \frac{\|Y(\tau)\|^{2}}{\tau}-2 \sqrt{\tau} \operatorname{Ric}(Y(\tau), Y(\tau))-\int_{0}^{\tau} \sqrt{\tilde{\tau}} H_{\tilde{\tau}}(X(\tilde{\tau}), Y(\tilde{\tau})) \mathrm{d} \tau \tag{4.9}
\end{equation*}
$$

in the barrier sense. Now for an orthonormal frame in $T_{x} M$ at time $\tau$ solve (4.8) for $Y(\tau)=e_{i}$ and sum (4.9) over all $i$. We conclude that in the barrier sense

$$
\begin{equation*}
\triangle L(x, \tau) \leq \frac{n}{\sqrt{\tau}}-2 \sqrt{\tau} S(x, \tau)-\frac{1}{\tau} K_{\tau} \tag{4.10}
\end{equation*}
$$

so together with (4.6)

$$
\begin{equation*}
\frac{\partial}{\partial \tau} \bar{L}+\triangle \bar{L} \leq 2 n \tag{4.11}
\end{equation*}
$$

Now let $v \in D_{x_{0}, t_{0}}^{\tau}$, choose $\sigma:(-\delta, \delta) \rightarrow T_{x_{0}} M$ such that $\mathcal{L} \exp _{x_{0}, t_{0}}^{\tau} \circ \sigma$ is a time $t_{0}-\tau$ geodesic and set $Y(\tilde{\tau})=\frac{\mathrm{d}}{\mathrm{d} s} \mathcal{L} \exp _{x_{0}, t_{0}}^{\tilde{\tau}}(v+\sigma(s))$. We call $Y$ an $\mathcal{L}$-Jacobi field along $\gamma=\gamma_{v}$. Using the second variation formula, we get

$$
\begin{align*}
&\left.\frac{\mathrm{d}}{\mathrm{~d} \tau}\right|_{\tilde{\tau}=\tau}\|Y(\tilde{\tau})\|^{2}=2 \operatorname{Ric}(Y, Y)+2\left\langle\nabla_{X} Y, Y\right\rangle(\tau) \\
&=2 \operatorname{Ric}(Y, Y)+2\left\langle\nabla_{Y} X, Y\right\rangle(\tau)=2 \operatorname{Ric}(Y, Y)+\frac{1}{\tau} \operatorname{Hess}(Y(\tau), Y(\tau)) \tag{4.12}
\end{align*}
$$

For any $v^{\prime} \in T_{x_{0}} M$ let $J_{\tau}\left(v^{\prime}\right)$ be the Jacobian for the map $\mathcal{L} \exp _{x_{0}, t_{0}}^{\tau}: T_{x_{0}} M \rightarrow M\left(t_{0}-\tilde{\tau}\right)$ where we equip $T_{x_{0}} M$ with the time $(\tau=) 0$ metric. From (4.2) we get

$$
\tau^{-n / 2} J_{\tau}\left(v^{\prime}\right) \xrightarrow[\tau \rightarrow 0]{ } 2^{n}
$$

Using (4.12) and (4.10) it is easy to see that

$$
\frac{\mathrm{d}}{\mathrm{~d} \tau} \log J_{\tau}(v) \leq \frac{n}{2 \tau}-\frac{1}{2 \tau^{3 / 2}} K
$$

So if we define $l_{\tau}(v):=l\left(\mathcal{L} \exp _{x_{0}, t_{0}}^{\tau}(v), \tau\right)$, we get from (4.7)

$$
\frac{\mathrm{d}}{\mathrm{~d} \tau} \tau^{-n / 2} e^{-l_{\tau}(v)} J_{\tau}(v) \leq 0 \quad \text { for all } \quad v \in D_{x_{0}, t_{0}}^{\tau}
$$

Since $l_{\tau}(v) \rightarrow\|v\|^{2}$ for $\tau \rightarrow 0$, we conclude

$$
\begin{equation*}
\tau^{-n / 2} e^{-l_{\tau}(v)} J_{\tau}(v) \nearrow 2^{n} e^{-\|v\|^{2}} \quad \text { for } \quad \tau \searrow 0 \tag{4.13}
\end{equation*}
$$

In particular, the reduced volume

$$
\begin{equation*}
\tilde{V}(\tau):=\int_{M} \tau^{-n / 2} e^{-l(\cdot, \tau)} \mathrm{d} \mu_{\tau} \tag{4.14}
\end{equation*}
$$

is nonincreasing in $\tau$.

### 4.2 The No Local Collapsing Theorem

We will not be able to derive uniform lower bounds on the evolution of the injectivity radius in a Ricci flow. However, we will observe the following noncollapsedness phenomenon: If there is an upper bound for the curvature on some parabolic neighborhood around a point, then there is a certain lower bound on the injectivity radius at that point. Paraphrasing, we can say that we have a lower bound on the injectivity radius on a local scale.

Note that by Proposition 3.4.1 we can make this behaviour precise in the following
Definition 4.2.1 ( $\kappa$-noncollapsedness). Let, $\kappa, \rho>0, M \times I$ be a Ricci flow on an $n$ dimensional manifold $M$ and $\left(x_{0}, t_{0}\right) \in M \times I$. We say that $M \times I$ is $\kappa$-noncollapsed on scales $<\rho$ at $\left(x_{0}, t_{0}\right)$ if for all $0<r<\rho$ for which
(i) the ball $B_{r}\left(x_{0}, t_{0}\right)$ is relatively compact in $M$
(ii) the interval $\left[t_{0}-r^{2}, t_{0}\right]$ is contained in $I$ and
(iii) $\|R\|<\frac{1}{r^{2}}$ on $P\left(x_{0}, t_{0}, r,-r^{2}\right)$
we have $\operatorname{vol}_{t_{0}} B_{r}\left(x_{0}, t_{0}\right) \geq \kappa r^{n}$. In the case $\rho=\infty$ we say that $M \times I$ is $\kappa$-noncollapsed (on all scales) at $x_{0}$.

Observe that the $\kappa$-noncollapsedness on all scales property is invariant under parabolic rescaling. On manifolds we define

Definition 4.2.2. Let, $\kappa, \rho>0,(M, g)$ be an $n$ dimensional Riemannian manifold and $x_{0} \in M$. We say that $M$ is $\kappa$-noncollapsed on scales $<\rho$ at $x_{0}$ if for all $0<r<\rho$ for which
(i) the ball $B_{r}\left(x_{0}\right)$ is relatively compact in $M$
(ii) $\|R\|<\frac{1}{r^{2}}$ on $B_{r}\left(x_{0}\right)$
we have vol $B_{r}\left(x_{0}\right) \geq \kappa r^{n}$. In the case $\rho=\infty$ we say that $M$ is $\kappa$-noncollapsed (on all scales) at $x_{0}$.

We first show that a lower bound on the reduced volume implies a lower bound on the noncollapsedness:

Lemma 4.2.3. For any $V>0$ and $n \in \mathbb{N}$ there is a $\kappa_{n}(V)>0$ such that the following holds:
Let $M \times[0, T]$ be a Ricci flow on an $n$ dimensional manifold $M$ with complete time slices and bounded curvature and $\left(x_{0}, t_{0}\right) \in M \times[0, T]$ a basepoint. Assume that for $r>0$ we have $r^{2} \leq t_{0}$ and $\|R\| \leq \frac{1}{r^{2}}$ on $P\left(x_{0}, t_{0}, r,-r^{2}\right)$. Then if $\tilde{V}\left(-r^{2}\right)>V$ we have $\operatorname{vol}_{t_{0}} B_{r}\left(x_{0}, t_{0}\right) \geq \kappa$.

Proof. We follow the lines of [KL, Sec 25]. There is a universal constant $C_{1}>1$ such that for all $0 \leq \tau \leq r^{2}$ the time $t_{0}-\tau$ metric on $B_{r}\left(x_{0}, t_{0}\right)$ is $e^{C_{1} \tau}$-bilipschitz to the time $t_{0}$ metric. By Shi's estimates we also find a universal constant $C_{2}$ such that $\|\nabla S\| \leq \frac{C_{2}}{r^{3}}$ on $P\left(x_{0}, t_{0}, \frac{1}{2} r,-\frac{1}{4} r^{2}\right)$.

Choose $0<\alpha \leq 1$ such that

$$
2^{n} \int_{\mathbb{R}^{n} \backslash B \frac{1}{10 \alpha}}(0)<e^{-\|v\|^{2}} \mathrm{~d} v \leq \frac{V}{2}
$$

and

$$
e^{C_{1} \alpha^{2}}\left(\frac{1}{5 \alpha}+\frac{\alpha C_{2}}{\sqrt{n-1}}\right) \exp \left(2 \alpha^{2} \sqrt{n-1}\right) \leq \frac{1}{2 \alpha}
$$

Observe that both inequalities become true for $\alpha \rightarrow 0$.
We first show that for all $v \in T_{x_{0}} M$ with $\|v\|_{0}<\frac{1}{10 \alpha}$ the $\mathcal{L}$-geodesic $\gamma_{v}$ stays in $B_{r / 2}\left(x_{0}, t_{0}\right)$ for times $\left[0, \alpha^{2} r^{2}\right]$ and that $l\left(\gamma_{v}(\tau), \tau\right) \geq-\alpha \sqrt{n(n-1)}$ for all $0 \leq \tau \leq \alpha^{2} r^{2}$. Let $\gamma:=\left.\gamma_{v}\right|_{\left[0, \alpha^{2} r^{2}\right]}$ with $\|v\|_{0}<\frac{1}{10 \alpha}$. Reparameterize $\gamma$ via $\tau=s^{2}$ and let $X^{\prime}(s):=\frac{\mathrm{d}}{\mathrm{d} s} \gamma\left(s^{2}\right)$ be the corresponding velocity vector field. Observe that $X^{\prime}(0)=2 v$. (4.2) yields

$$
\begin{aligned}
& \frac{\mathrm{d}}{\mathrm{~d} s}\left\|X^{\prime}(s)\right\|_{s^{2}}^{2}=4 s^{2}\left\langle\nabla S, X^{\prime}(s)\right\rangle_{s^{2}}-8 s \operatorname{Ric}_{s^{2}}\left(X^{\prime}(s), X^{\prime}(s)\right)+4 s \operatorname{Ric}_{s^{2}}\left(X^{\prime}(s), X^{\prime}(s)\right) \\
& \leq 4 s^{2} \frac{C_{2}}{r^{3}}\left\|X^{\prime}(s)\right\|_{s^{2}}+4 s \frac{\sqrt{n-1}}{r^{2}}\left\|X^{\prime}(s)\right\|_{s^{2}}^{2}
\end{aligned}
$$

as long as $\gamma\left(s^{2}\right) \in B_{r / 2}\left(x_{0}, t_{0}\right)$. So together with $s \leq \alpha r$

$$
\frac{\mathrm{d}}{\mathrm{~d} s}\left\|X^{\prime}(s)\right\|_{s^{2}} \leq 2 \alpha^{2} \frac{C_{2}}{r}+2 \alpha \frac{\sqrt{n-1}}{r}\left\|X^{\prime}(s)\right\|_{s^{2}}
$$

Using the Gronwall Lemma we get

$$
\left\|X^{\prime}(s)\right\|_{s^{2}} \leq\left(2\|v\|_{0}+\frac{\alpha C_{2}}{\sqrt{n-1}}\right) \exp \left(2 \alpha^{2} \sqrt{n-1}\right)-\frac{\alpha C_{2}}{\sqrt{n-1}}
$$

and thus

$$
\left\|X^{\prime}(s)\right\|_{0} \leq e^{C_{1} s^{2}}\left(\frac{1}{5 \alpha}+\frac{\alpha C_{2}}{\sqrt{n-1}}\right) \exp \left(2 \alpha^{2} \sqrt{n-1}\right) \leq \frac{1}{2 \alpha}
$$

This gives us

$$
\operatorname{dist}_{0}\left(\gamma\left(s^{2}\right), x_{0}\right) \leq \int_{0}^{\alpha r}\left\|X^{\prime}(s)\right\| \mathrm{d} s \leq \frac{1}{2} r
$$

So $\gamma \subset B_{r / 2}\left(x_{0}, t_{0}\right)$. Moreover, for $0<\tau \leq \alpha^{2} r^{2}$

$$
\begin{aligned}
l(\gamma(\tau), \tau)=\frac{1}{2 \sqrt{\tau}} \int_{0}^{\sqrt{\tau}}\left(\frac{1}{2} \|\right. & \left.X^{\prime}(s) \|^{2}+2 s^{2} S\left(\gamma\left(s^{2}\right), s^{2}\right)\right) \mathrm{d} s \\
& \geq-\frac{1}{2 \sqrt{\tau}} \int_{0}^{\sqrt{\tau}} 2 s^{2} \frac{\sqrt{n(n-1)}}{r^{2}} \mathrm{~d} s \geq-\alpha^{2} \sqrt{n(n-1)}=:-F
\end{aligned}
$$

Now observe that for $\tau=\alpha^{2} r^{2}$

$$
\begin{aligned}
V \leq \tilde{V}\left(r^{2}\right) & \leq \tilde{V}(\tau)=\int_{D_{x_{0}, t_{0}}^{\tau}} \tau^{-n / 2} e^{-l_{\tau}(v)} J_{\tau}(v) \mathrm{d} v \\
& =\int_{D_{x_{0}, t_{0} \backslash B}^{\tau} B_{\frac{1}{10 \alpha}}(0)} \tau^{-n / 2} e^{-l_{\tau}(v)} J_{\tau}(v) \mathrm{d} v+\int_{D_{x_{0}, t_{0}}^{\tau} \cap B \frac{1}{10 \alpha}(0)} \tau^{-n / 2} e^{-l_{\tau}(v)} J_{\tau}(v) \mathrm{d} v
\end{aligned}
$$

Using (4.13) we conclude

$$
V \leq \int_{T_{x_{0}} M \backslash B \frac{\frac{1}{10 \alpha}}{}(0)} 2^{n} e^{-\|v\|^{2}} \mathrm{~d} v+\tau^{-n / 2} e^{F} \operatorname{vol}_{\tau} B_{r / 2}\left(x_{0}, t_{0}\right)
$$

and thus

$$
\operatorname{vol}_{0} B_{r / 2}\left(x_{0}, t_{0}\right) \geq e^{-\frac{n}{2} C_{1} \alpha^{2}} \operatorname{vol}_{\tau} B_{r / 2}\left(x_{0}, t_{0}\right) \geq \frac{V}{2} \alpha^{n} e^{-F-\frac{n}{2} C_{1} \alpha^{2}} r^{n}=: \kappa(V) r^{n}
$$

We can now prove our final result
Theorem 4.2.4 (No Local Collapsing Theorem). For any $\kappa_{1}, \rho_{1}, t^{\prime}>0, T, K<\infty$ and $n \in \mathbb{N}$ there is a $\kappa_{2}\left(\kappa_{1}, \rho_{1}, t^{\prime}, T, K, n\right)>0$ such that the following holds:
Let $M \times[0, T]$ be a Ricci flow on an $n$ dimensional manifold with complete time slices and uniformly bounded curvature. Assume that
(i) $M(0)$ is $\kappa_{1}$-noncollapsed on scales $<\rho_{1}$ and
(ii) $\|R\|<K$ on $M \times\left[0, t^{\prime}\right]$

Then $M \times[0, T]$ is $\kappa_{2}$-noncollapsed everywhere.
Proof. Let $\left(x_{0}, t_{0}\right) \in M \times[0, T]$ and $r>0$ such that $t_{0} \geq r^{2}$ and $\|R\|<\frac{1}{r^{2}}$ on $P\left(x_{0}, t_{0}, r,-r^{2}\right)$. We want to find a universal constant $\kappa_{2}>0$ such that $\operatorname{vol}_{t_{0}} B_{r}\left(x_{0}, t_{0}\right) \geq \kappa_{2} r^{n}$. If $t_{0} \leq t^{\prime}$ we can easily find $\kappa_{2}$ since we have a universal bound for the distortion of the metric on $M \times\left[0, t^{\prime}\right]$. So assume now that $t_{0}>t^{\prime}$. Consider the reduced volume function $\tilde{V}(\tau)$ with respect to $\left(x_{0}, t_{0}\right)$. In view of Lemma 4.2.3 and the fact that $\tilde{V}(\tau)$ is nonincreasing in $\tau$, it suffices to give a universal lower bound on $\tilde{V}\left(t_{0}\right)$.

Set $\tau^{\prime}:=t_{0}-t^{\prime}$. Assume that we have $l\left(\cdot, \tau^{\prime}\right) \geq \frac{n}{2}+\varepsilon$ on $M$ for some $\varepsilon>0$. This implies $\bar{L}\left(\cdot, \tau^{\prime}\right) \geq 2 n \tau^{\prime}+4 \varepsilon \tau^{\prime}$. Applying the weak maximum principle ${ }^{1}$ to (4.11) we find $\bar{L}\left(\cdot, \tau^{\prime}\right) \geq 2 n \tau+4 \varepsilon \tau^{\prime}$ for all $0<\tau \leq \tau^{\prime}$ and thus

$$
l\left(\cdot, \tau^{\prime}\right) \geq 2 n+\frac{\varepsilon \tau^{\prime}}{\tau} \rightarrow \infty \quad \text { for } \quad \tau \rightarrow 0
$$

a contradiction. So there is a point $x \in M$ with $l\left(x, \tau^{\prime}\right) \leq \frac{n}{2}$ and thus $L\left(x, \tau^{\prime}\right) \leq n \sqrt{t_{0}-t^{\prime}}$.
Consider the ball $B:=B_{r_{1}}(x, 0)$ with $r_{1}:=\min \left\{K^{-1 / 2}, \frac{1}{2} \rho_{1}\right\}$. Assumptions (i) and (ii) imply $\operatorname{vol}_{0} B \geq \kappa_{1} r_{1}^{n}$. Moreover, by assumption (ii) there is a bound $C<\infty$ depending only on $t^{\prime}, K, \kappa_{1}$ and $r_{1}$ such that $\mathcal{L}(\sigma)<C$ for all minimizing time 0 geodesics $\sigma:\left[\tau^{\prime}, t_{0}\right] \rightarrow M$ between $x$ and a point $y \in B$. Concatenation of a minimizing $\mathcal{L}$-geodesic between $\left(x_{0}, t_{0}\right)$ and $\left(x, t^{\prime}\right)$ with these curves $\sigma$ yields $L\left(\cdot, t_{0}\right) \leq n \sqrt{t_{0}-t^{\prime}}+C$ on $B$ and thus

$$
l\left(\cdot, t_{0}\right) \leq \frac{1}{2 \sqrt{t^{\prime}}}\left(n \sqrt{t_{0}-t^{\prime}}+C\right)=: F \quad \text { on } \quad B
$$

So

$$
\tilde{V}\left(t_{0}\right)=\int_{M} t_{0}^{-n / 2} e^{-l(\cdot, \tau)} \mathrm{d} \mu_{t_{0}} \geq \int_{B} T^{-n / 2} e^{-F} \mathrm{~d} \mu_{t_{0}} \geq T^{-n / 2} e^{-F} \kappa_{1} r_{1}^{n}
$$

[^3]
## Chapter 5

## $\kappa$-solutions

In order to understand the geometry of singularities in a Ricci flow we have to analyze certain model solutions that arise in the limit when we look closer and closer at a singularity and normalize curvature by parabolic rescaling. For example, we have the following theorem which we will refine in chapter 6 .

Theorem 5.0.1. Let $M \times[0, T)(T<\infty)$ be a Ricci flow on a compact 3 dimensional manifold defined on a maximal time interval $[0, T)$. Then there is a sequence of times $t_{k} \nearrow T$ and points $x_{k} \in M$ such that for $\lambda_{k}:=S^{1 / 2}\left(x_{k}, t_{k}\right)$ the sequence of pointed parabolically rescaled Ricci flows $\left(\lambda_{k}\left(M \times\left[0, t_{k}\right]\right),\left(x_{k}, t_{k}\right)\right)$ converges to a Ricci flow $\left(M_{\infty} \times\right.$ $\left.(-\infty, 0],\left(x_{\infty}, 0\right)\right)$ that has the following properties:
(a) The metric on every time slice is complete and has nonnegative sectional curvature.
(b) The scalar curvature at time 0 is positive.
(c) The scalar curvature is everywhere bounded from above by 1 .
(d) $M \times(-\infty, T]$ is $\kappa$-noncollapsed on all scales for some $\kappa>0$.

Proof. Choose $\varphi>0$ so small that $M \times[0, T)$ satisifies the property of the HamiltonIvey pinching (see Theorem 2.9.1) at time 0 . Then this property holds everywhere on $M \times[0, T)$. We can now make conclusions of the following type: If we have an upper bound $S_{0}$ on the scalar curvature at some point $(x, t) \in M \times[0, T)$, then there is a lower bound $-X_{0}$ for the sectional curvature at that point which only depends on $S_{0}$ in such a way that $\frac{X_{0}}{S_{0}} \rightarrow 0$ for $S_{0} \rightarrow \infty$. So there is also an upper bound $Y_{0}$ on the sectional curvature at ( $x, t$ ) with the property that $\frac{Y_{0}}{S_{0}} \rightarrow 1$ for $S_{0} \rightarrow \infty$.

Since $T<\infty$, the scalar curvature on $M \times[0, T)$ must be unbounded. Using the result from the preceding paragraph, this implies that also the scalar curvature is unbounded. We find a sequence $t_{k} \nearrow T$ such that $\max _{M} S\left(\cdot, t_{k}\right) \rightarrow \infty$ and

$$
\max _{M \times\left[0, t_{k}\right]} S=\max _{M} S\left(\cdot, t_{k}\right) .
$$

Let $x_{k} \in M$ be the sequence of points where the maxima are attained at time $t_{k}$. Again by the preceding paragraph we get that for large $k$ the sectional curvature on $M \times\left[0, t_{k}\right]$ is bounded from above by $2 S\left(x_{k}, t_{k}\right)$ for large $k$ and from below by $-\delta_{k} S\left(x_{k}, t_{k}\right)$ for $\delta_{k} \rightarrow 0$.

By the No Local Collapsing Theorem 4.2.4 we can find a $\kappa>0$ such that $M \times[0, T)$ is $\kappa$ noncollapsed. Consider the parabolically rescaled solutions $M_{k} \times\left[0, \lambda_{k}^{2} t_{k}\right]:=\lambda_{k}\left(M \times\left[0, t_{k}\right]\right)$ where $\lambda_{k}:=S^{1 / 2}\left(x_{k}, t_{k}\right)$. Obviously, $S \leq 1$ on $M_{k} \times\left[0, \lambda_{k}^{2} t_{k}\right]$ and the sectional curvature is bounded from below by $-\delta_{k}$ and from above by 2 for large $k$. Moreover, $M_{k} \times\left[0, \lambda_{k}^{2} t_{k}\right]$ is also $\kappa$-noncollapsed. Since we have a uniform bound for the curvature, we can use Proposition 3.4.1 to obtain a uniform lower bound on the injectivty radii. Thus the sequence of pointed Ricci flows $\left(M_{k} \times\left[0, \lambda_{k}^{2} t_{k}\right],\left(x_{k}, t_{k}\right)\right)$ subconverges to Ricci flow $\left(M_{\infty} \times(-\infty, 0],\left(x_{\infty}, 0\right)\right)$ that satisfies properties (a), (c), (d) and $S\left(x_{\infty}, 0\right)=1$.

For property (b) note that the scalar curvature is nonnegative on $\left(M_{\infty} \times(-\infty, 0],\left(x_{\infty}, 0\right)\right)$. So if there was a point $y \in M_{\infty}$ with $S(y, 0)=0$, we could conclude by the strong maximum principle that $S \equiv 0$ on $M_{\infty} \times(-\infty, 0)$ hence $S(x, 0)=0$ by continuity.

We will express the properties of the model solutions $M_{\infty} \times(-\infty, 0]$ in the following
Definition 5.0.2 ( $\kappa$-solution). Let $\kappa>0$. A Ricci flow defined on $M \times(-\infty, T$ (for a connected manifold $M$ ) is called a $\kappa$-solution if
(a) The metric on every time slice is complete and has nonnegative curvature operator.
(b) The scalar curvature at time 0 is positive.
(c) For any compact time interval $I \subset(-\infty, T]$ the Riemannian curvature $R$ is bounded on $M \times I$.
(d) $M \times(-\infty, T]$ is $\kappa$-noncollapsed on all scales.

Obviously there are no 1 dimensional $\kappa$-solutions.
For simplicity we will assume in the following that $T=0$. By the Harnack inequality for the Ricci flow (see Theorem 2.8.2) we can estimate the scalar curvatures at two points $\left(x_{1}, t_{1}\right),\left(x_{2}, t_{2}\right) \in M \times(-\infty, 0]$ with $t_{1}<t_{2}$ against each other by

$$
S\left(x_{2}, t_{2}\right) \geq S\left(x_{1}, t_{1}\right) \exp \left(-\frac{\operatorname{dist}_{t_{1}}^{2}\left(x_{1}, x_{2}\right)}{2\left(t_{2}-t_{1}\right)}\right)
$$

In particular, the scalar curvature is nondecreasing pointwise.
In the following it will be helpful to deal with a slightly more general type of solution that will prove to be equivalent to the notion of a $\kappa$-solution in dimensions 2 and 3 . We fix some $\kappa>0$ for the rest of this chapter.
(*)
(Suppose $M \times(-\infty, 0]$ is a Ricci flow on a connected manifold $M^{n}$ such that
(a) The metric on every time slice is complete and has nonnegative curvature operator.
(b) The scalar curvature at time 0 is positive.
(c) At every point the scalar curvature is nondecreasing in time.
(d) $M \times(-\infty, 0]$ is $\kappa$-noncollapsed on all scales.

Observe that if we have a bound on the scalar curvature on $M(0)$, then $M \times(-\infty, 0]$ is already a $\kappa$-solution.

Obviously, if $M \times(-\infty, 0]$ satisfies $(*)$, so do the parabolic rescalings $\lambda(M \times(-\infty, 0])$ of $M \times(-\infty, 0]$ (for the same $\kappa$ ). The analogous result holds for $\kappa$-solutions.

Another useful property of the noncollapsedness assumption is that we can easily form limits: Let $M_{k} \times(-\infty, 0]$ be a sequence of solutions satisfying $(*)$ and let $x_{k} \in M_{k}$. Assume that there is a function $C:[0, \infty) \rightarrow \mathbb{R}$ such that for every $A$ we can bound the scalar curvature $S(\cdot, 0)$ of the time 0 slice on $B_{A}^{M_{k}}\left(x_{k}, 0\right)$ by $C(A)$ for large $k$. Since the scalar curvature is pointwise nondecreasing and the sectional curvatures are nonnegative on the $M_{k} \times(-\infty, 0]$, we can uniformly bound the Riemannian curvature on $B_{A}^{M_{k}}\left(x_{k}, 0\right) \times(-\infty, 0]$ for any $A$. The $\kappa$-noncollapsedness assumption gives us a tool to uniformly bound the injectivity radii at $x_{k}$. So by the results of section 3.3 there is a subsequence of the $\left(M_{k} \times\right.$ $\left.(-\infty, 0],\left(x_{k}, 0\right)\right)$ that converges to some Ricci flow $\left(M_{\infty} \times(-\infty, 0],\left(x_{\infty}, 0\right)\right)$ satisfying (a), (c) and (d) of $(*)$. Now by the strong maximum principle there are two possibilities: Either $S \equiv 0$ on $M_{\infty} \times(-\infty, 0]$ or $S(\cdot, 0)>0$ on $M$. So, for example, if $\liminf _{k \rightarrow \infty} S\left(x_{k}, 0\right)>0$ we know that $M_{\infty} \times(-\infty, 0]$ satisfies $(*)$. If moreover $C(A)<C^{\prime}$ for all $A$, we get that $M_{\infty} \times(-\infty, 0]$ is even a $\kappa$-solution.

Another method that we will use subsequently is the splitting principle: Assume that $M \times(-\infty, 0]$ satisfies $(*)$ and assume that $M(0)$ contains a line. By the Ricci splitting Theorem 1.4.3 there is a complete Riemannian manifold of nonnegative Ricci curvature
$(N(0), g)$ such that $M(0)=N(0) \times \mathbb{R}$. From Corollary 2.5.7 we get that $M \times(-\infty, 0]$ is of the form $(N \times \mathbb{R}) \times(-\infty, 0]$ where $N \times(-\infty, 0]$ is a Ricci flow satisfying ( $*$ ) for $\frac{1}{2} \kappa$ instead of $\kappa$. Moreover, if $M \times(-\infty, 0]$ is a $\kappa$-solution, then $N \times(-\infty, 0]$ is a $\frac{1}{2} \kappa$-solution.

### 5.1 The asymptotic geometry

Let $M \times(-\infty, 0]$ satisfy $(*)$. Before we can say anything about the asymptotic geometry of $M \times(-\infty, 0]$ we need to analyze the asymptotic behaviour of the scalar curvature.

Definition 5.1.1 (asymptotic curvature ratio). Let $N$ be a noncompact complete Riemannian manifold. The asymptotic curvature of $N$ is defined by

$$
\mathcal{R}(N):=\limsup _{d\left(x_{0}, x\right) \rightarrow \infty} S(x) d^{2}\left(x_{0}, x\right)
$$

where $x_{0} \in N$ denotes an arbitrary basepoint. Obviously, $\mathcal{R}(N)$ is independent of the choice of $x_{0}$.

Another quantity we wish to analyze is the asymptotic volume ratio.
Definition 5.1.2 (asymptotic volume ratio). If $N^{n}$ is a complete Riemannian manifold of nonnegative Ricci curvature and $x_{0} \in N$ a basepoint, the asymptotic volume ratio is defined by

$$
\mathcal{V}(N)=\lim _{r \rightarrow \infty} \frac{\operatorname{vol} B_{r}\left(x_{0}\right)}{r^{n}}
$$

Again, $\mathcal{V}(N)$ is independent of the choice of the basepoint $x_{0}$.
Observe that the limit always exists since the quantity $\frac{\operatorname{vol} B_{r}\left(x_{0}\right)}{r^{n}}$ is nonincreasing in $r$ by the Bishop-Gromov Theorem 1.4.2. Moreover, $\mathcal{R}$ and $\mathcal{V}$ are scale invariant. The following discussion is based on 11.3 and 11.4 in [Per1] resp. Sec 39 ff in [KL].

Proposition 5.1.3. If $M \times(-\infty, 0]$ satisfies (*) and $M$ is noncompact, we have $\mathcal{R}(M(0))=$ $\infty$.

Proof. We may assume that $M \times(-\infty, 0]$ is a $\kappa$-solution, because otherwise the hypothesis would be obvious. Since there are no 1-dimensional $\kappa$-solutions we have $n \geq 2$.

Choose a basepoint $x_{0} \in M$. Since $M(0)$ has nonnegative sectional curvature, Proposition 3.6.1 implies that we have Gromov-Hausdorff convergence

$$
\begin{equation*}
\left(\lambda M(0), x_{0}\right) \xrightarrow[\lambda \rightarrow 0]{ }\left(C, x_{\infty}\right) \tag{5.1}
\end{equation*}
$$

to the asymptotic cone.
Now, assume that $\mathcal{R}<\infty$. Then $\left(C, x_{\infty}\right)$ is smooth: For $r$ large enough we may bound the scalar curvature on $M(0) \backslash B_{r}\left(x_{0}\right)$ by $\frac{\mathcal{R}+1}{r^{2}}$. So for any $r$ we get for small $\lambda$ that $S(\cdot, 0)<\frac{1}{\lambda^{2}} \frac{\mathcal{R}+1}{(r / \lambda)^{2}}=\frac{\mathcal{R}+1}{r^{2}}$ on $\lambda M(0) \backslash B_{r}^{\lambda M}\left(x_{0}, 0\right)$. By the results of section 3.3 (observe that the scalar curvature is pointwise nondecreasing) we conclude that ( $C, x_{\infty}$ ) is a smooth cone and there is a sequence $\lambda_{k} \rightarrow 0$ for which the convergence in (5.1) is smooth on $C_{0}$. Moreover, we can even extend the smooth convergence to the corresponding Ricci flows for a subsequence: There is a Ricci flow on $C_{0} \times(-\infty, 0]$ such that the time 0 slice coincides with the metric on $C_{0}$ and after passing to a subsequence of $\left(\lambda_{k}\right)$ we have for the Ricci flows $M_{k} \times(-\infty, 0]:=\lambda_{k}(M \times(-\infty, 0])$ :

$$
\begin{equation*}
\left(M_{k} \backslash\left\{x_{0}\right\}\right) \times(-\infty, 0] \underset{k \rightarrow \infty}{ } C_{0} \times(-\infty, 0] \tag{5.2}
\end{equation*}
$$

Observe that the curvature operator is nonnegative on $C_{0} \times(-\infty, 0]$. Thus we may apply Lemma 2.10.1 and get that the cone $C$ is locally flat away from its tip $x_{\infty}$ (so actually
$\mathcal{R}=0)$. Moreover, the Riemannian metric on the limiting Ricci flow $C_{0} \times(-\infty, 0]$ is everywhere flat and the Ricci flow itself is stationary.

We want to show that the pointed manifolds $\left(M_{k}(-1), x_{0}\right)$ Gromov-Hausdorff converge to $\left(C, x_{\infty}\right)$ in the same sense as in (5.1). It suffices to check that for every $r$ we have $\left\|\operatorname{dist}_{0}-\operatorname{dist}_{-1}\right\|_{\infty} \rightarrow 0$ on $B_{r}^{M_{k}}\left(x_{0}, 0\right)$ for $k \rightarrow \infty$. By a compactness argument we find that we only have to prove the following fact: If $y_{k}, z_{k} \in M_{k}$ are sequences such that for $y_{\infty}, z_{\infty} \in C$ we have $y_{k} \rightarrow y_{\infty}$ and $z_{k} \rightarrow z_{\infty}$ in (5.1), then $\operatorname{dist}_{-1}\left(y_{k}, z_{k}\right)-\operatorname{dist}_{0}\left(y_{k}, z_{k}\right) \rightarrow 0$.

Observe that $\operatorname{dist}_{0}\left(y_{k}, z_{k}\right) \rightarrow \operatorname{dist}_{C}\left(y_{\infty}, z_{\infty}\right)$ and dist ${ }_{-1}\left(y_{k}, z_{k}\right) \geq \operatorname{dist}_{0}\left(y_{k}, z_{k}\right)$. Let $\gamma_{\infty}$ be a minimizing geodesic connecting $y_{\infty}$ and $z_{\infty}$ in $C$. If $\gamma_{\infty}$ does not hit $x_{\infty}$, we get from (5.2) and the fact that $C_{0} \times(-\infty, 0]$ is stationary that the length of curves $\gamma_{k} \subset M_{k}$ approximating $\gamma_{\infty}$ are arbitrarily little distorted under the Ricci flow. So dist ${ }_{-1}\left(y_{k}, z_{k}\right)-$ $\operatorname{dist}_{0}\left(y_{k}, z_{k}\right) \rightarrow 0$. Now consider the case in which $\gamma_{\infty}$ hits $x_{\infty}$. We may assume that $y_{\infty}=x_{\infty}$ (otherwise we cut $\gamma_{\infty}$ into two pieces and use the triangle inequality). Assume first that $z_{\infty} \neq x_{\infty}$. Let $\delta>0$ be small and consider a point $y_{\infty}^{\prime}$ on $\gamma_{\infty}$ whose distance to $x_{\infty}$ is less than $\delta$. Choose a sequence of points $y_{k}^{\prime} \in M_{k}$ such that $y_{k}^{\prime} \rightarrow y_{\infty}^{\prime}$ in (5.1). Then $\operatorname{dist}_{0}\left(x_{0}, y_{k}^{\prime}\right)<\delta$ for large $k$. Moreover by the preceding conclusion we find $\operatorname{dist}_{-1}\left(y_{k}^{\prime}, z_{k}\right)-\operatorname{dist}_{0}\left(y_{k}^{\prime}, z_{k}\right) \rightarrow 0$. In the following paragraphs we will show that for any $\delta>0$ we have $B_{\delta}^{M_{k}}\left(x_{0}, 0\right) \subset B_{20 \delta}^{M_{k}}\left(x_{0},-1\right)$ for large $k$. Using this result and the triangle inequality, we get

$$
\begin{aligned}
\operatorname{dist}_{-1}\left(y_{k}, z_{k}\right)- & \operatorname{dist}_{0}\left(y_{k}, z_{k}\right) \leq \operatorname{dist}_{-1}\left(y_{k}, y_{k}^{\prime}\right)+\operatorname{dist}_{-1}\left(y_{k}^{\prime}, z_{k}\right) \\
& -\operatorname{dist}_{0}\left(y_{k}, y_{k}^{\prime}\right)-\operatorname{dist}_{-1}\left(y_{k}^{\prime}, z_{k}\right)<40 \delta+\operatorname{dist}_{-1}\left(y_{k}^{\prime}, z_{k}\right)-\operatorname{dist}_{-1}\left(y_{k}^{\prime}, z_{k}\right)
\end{aligned}
$$

for large $k$. In the case $z_{\infty}=x_{\infty}$ we immediately get dist ${ }_{-1}\left(y_{k}, z_{k}\right)-\operatorname{dist}_{0}\left(y_{k}, z_{k}\right)<40 \delta$ for large $k$. Now choose $\delta$ smaller and smaller. It follows that $\operatorname{dist}_{-1}\left(y_{k}, z_{k}\right)-\operatorname{dist}_{0}\left(y_{k}, z_{k}\right) \rightarrow 0$ and we have Gromov-Hausdorff convergence

$$
\begin{equation*}
\left(\lambda M(-1), x_{0}\right) \xrightarrow[\lambda \rightarrow 0]{ }\left(C, x_{\infty}\right) \tag{5.3}
\end{equation*}
$$

We have to show that for any $\delta>0$ we have $B_{\delta}^{M_{k}}\left(x_{0}, 0\right) \subset B_{20 \delta}^{M_{k}}\left(x_{0},-1\right)$ for large $k$. Let $A:=A_{0.1 \delta, 3 \delta}\left(x_{\infty}, 0\right) \subset C$. By (5.2) for any $\varepsilon>0$ there are, for large enough $k$, smooth maps

$$
\Phi_{k}: A \rightarrow M_{k}
$$

that are $\varepsilon$-isometries for times $[-1,0]$ and that converge to $\operatorname{id}_{A}$ in (5.1). Let $\Sigma \subset r^{-1}(2 \delta) \subset$ $A$ be a connected component of the distance sphere of radius $2 \delta$. Consider the metric space $\left(N, d_{N}\right)$ with the property $C=\operatorname{Cone}(N)$ (see Definition 1.5.1). By Proposition 1.5.2 is a Riemannian manifold and it is easy to see that a connected component of $N$ is isometric to $\Sigma$ in the Riemannian sense. So diam $\Sigma \leq 2 \pi \delta$ where we consider the path metric of the induced metric on $\Sigma$. Thus $\Sigma$ is a compact hypersurface and using Proposition 1.5.2 we can compute its shape operator $W$ : Note that $\frac{1}{2 \delta} r \partial_{r}$ is a normal vector field. For any $x \in \Sigma$ and any vector $v \in T_{x} \Sigma$ we have

$$
W(v)=\frac{1}{2 \delta}\left(\nabla_{v}\left(r \partial_{r}\right)\right)_{x}=\frac{1}{2 \delta} v \quad \Longrightarrow \quad W=\frac{1}{2 \delta} \mathrm{id}_{T \Sigma}
$$

Now consider the images $\Sigma_{k}:=\Phi_{k}(\Sigma) \subset M_{k}$. For $\varepsilon$ sufficiently small and large $k$ we can assume that on $\Sigma_{k}$ the shape operator satisfies $W^{\Sigma_{k}} \geq \frac{1}{4 \delta}$ in $M_{k}(-1)$. Let $N \in \Gamma^{\Sigma_{k}} M_{k}$ be the time -1 unit normal vector field pointing outward and choose a curve $\sigma:[0,1] \rightarrow M_{k}$ from $x_{0}$ to $x \in \Sigma_{k}$ such that $\left.\sigma\right|_{[0,1)}$ does not intersect $\Sigma_{k}$ and $\left\langle\sigma^{\prime}(1), N_{\sigma(1)}\right\rangle_{-1}>0$.

Fix some large $k$ for the moment. Consider the universal cover $\widetilde{M}_{k}$ of $M_{k}$ and choose a lift $\widetilde{x}_{0}$ of $x_{0}$. Lift the curve $\sigma$ starting in $\widetilde{x}_{0}$ to get $\widetilde{\sigma}$ and denote by $\widetilde{\Sigma} \subset \widetilde{M}_{k}$ the connected component of the preimage of $\Sigma_{k}$ that contains $\widetilde{\sigma}(1)$ under the universal covering projection $\pi: \widetilde{M}_{k} \rightarrow M_{k}$ (observe that $\widetilde{\Sigma}$ is not necessarily the universal cover of $\Sigma_{k}$ ). Choose a time
-1 minimizing geodesic $\widetilde{\gamma}:[0, l] \rightarrow \widetilde{M}_{k}$ parameterized by arclength from $\widetilde{x}_{0}$ to $\widetilde{\Sigma}$ that realizes the distance $\operatorname{dist}_{-1}\left(\widetilde{x}_{0}, \widetilde{\Sigma}\right)$ and consider its projection $\gamma=\pi \circ \widetilde{\gamma}$. By the first variation formula (see [dCa, Chp 9]) we get that $\gamma$ is perpendicular to $\Sigma_{k}$ in $\gamma(l)$ at time -1 , i.e. $\left\langle\gamma^{\prime}(l), N_{\gamma(l)}\right\rangle_{-1}= \pm 1$. Assume that $\left\langle\gamma^{\prime}(l), N_{\gamma(l)}\right\rangle_{-1}=-1$. Then there would be a loop $b: S^{1} \rightarrow \widetilde{\widetilde{M}}_{k}$ intersecting $\widetilde{\Sigma}$ exactly once. This would imply that the intersection number of $b$ and $\widetilde{\Sigma}$ was nonzero. A contradiction to the fact that $\widetilde{M}_{k}$ is simply connected. So $\left\langle\gamma^{\prime}(l), N_{\gamma(l)}\right\rangle_{-1}=1$.

We want to estimate $l$ from above. Choose a time -1 parallel unit vector field $V(s)$ along $\gamma$ that is perpendicular to $\gamma$. Consider a variation $\gamma:(-\theta, \theta) \times[0, l] \rightarrow M_{k}$ such that $\left.\frac{\mathrm{d}}{\mathrm{d} u}\right|_{u=0} \gamma_{u}(s)=s V(s)$ and $\gamma_{u}(l) \in \Sigma_{k}$ for all $u \in(-\theta, \theta)$. Denote by $E(u)$ the energy of $\gamma_{u}$ in $M_{k}(-1)$. Since the variation of $\gamma$ corresponds to a variation of $\widetilde{\gamma}$ along $\widetilde{\Sigma}$ we have (see [dCa, Chp 9])
$0 \leq E^{\prime \prime}(0)=\int_{0}^{l}\left[\langle V(s), V(s)\rangle_{-1}-K_{-1}\left(\frac{\mathrm{~d} \gamma}{\mathrm{~d} s} \wedge t V(s)\right)\right] \mathrm{d} s-\left\langle S_{-1}(V(l)), V(l)\right\rangle_{-1} \leq l-\frac{1}{4 \delta} l^{2}$
So dist ${ }_{-1}\left(x_{0}, \Sigma_{k}\right) \leq l \leq 4 \delta$. We conclude that for small $\varepsilon$ and large $k$ the ball $B_{(4+4 \pi) \delta}^{M_{k}}\left(x_{0},-1\right)$ covers the inner boundary of $\Phi_{k}\left(A_{2 \delta, 3 \delta}\left(x_{\infty}, 0\right)\right)$ and thus

$$
B_{20 \delta}^{M_{k}}\left(x_{0},-1\right) \cup \Phi_{k}\left(A_{2 \delta, 3 \delta}\left(x_{\infty}, 0\right)\right) \supset B_{\delta}^{M_{k}}\left(x_{0}, 0\right)
$$

Since $\Phi_{k}\left(A_{2 \delta, 3 \delta}\left(x_{\infty}, 0\right)\right)$ and $B_{\delta}^{M_{k}}\left(x_{0}, 0\right)$ are disjoint, this implies $B_{\delta}^{M_{k}}\left(x_{0}, 0\right) \subset B_{20 \delta}^{M_{k}}\left(x_{0},-1\right)$.
Now we apply the Harnack inequality for the Ricci flow (see Theorem 2.8.2) to show that $C$ is actually isometric to Euclidean space. Fix $z_{\infty} \in C_{0}$ with $r\left(z_{\infty}\right)<1$ and choose $z_{k} \in M_{k}$ converging to $z_{\infty}$ with respect to the Gromov-Hausdorff convergence (5.1) resp. (5.3). Let $A$ be an arbitrary constant. For every $x \in B_{A}^{M_{k}}\left(x_{0},-1\right)$ we have for large enough $k$

$$
S(x,-1) \leq \underbrace{S\left(z_{k}, 0\right)}_{\rightarrow 0} \cdot \underbrace{\exp \left(\frac{\operatorname{dist}_{-1}\left(x, z_{k}\right)}{2}\right)}_{\leq \exp \left(\frac{A+1}{2}\right)} \longrightarrow 0
$$

So after choosing a subsequence the convergence (5.3) is everywhere smooth and the limit is a flat cone hence isometric to Euclidean space.

By Proposition 3.6 .1 we get that $M(0)$ itself is isometric to the Euclidean space $\mathbb{R}^{n}$ (in the metric sense, hence also in the Riemannian sense). This contradicts the fact that $M \times(\infty, 0]$ is a $\kappa$-solution.

Let $M \times(-\infty, 0]$ be again a solution satisfying $(*)$ and $x_{0} \in M$ a basepoint. By Proposition 5.1.3 we know that there is a sequence $x_{k} \in M$ such that $S\left(x_{k}, 0\right) \operatorname{dist}_{0}^{2}\left(x_{k}, x_{0}\right) \rightarrow \infty$. We want to take a smooth limit of parabolically rescaled copies of $M \times(-\infty, 0]$ with basepoint $\left(x_{k}, 0\right)$ such that the scalar curvature at $\left(x_{k}, 0\right)$ is normalized to 1 . In order to do this, we need a bound $C$ such that $S(\cdot, 0)<C S\left(x_{k}, 0\right)$ on balls $B_{d_{k} / S^{1 / 2}\left(x_{k}, 0\right)}\left(x_{k}, 0\right)$ with $d_{k} \rightarrow \infty$. Observe that all geometric quantities are considered relatively to $S^{-1 / 2}\left(x_{k}, 0\right)$ which is called the scale at $x_{k}$. We say that we need a uniform bound for the scalar curvature on larger and larger balls around $x_{k}$ on the scale at $x_{k}$.

Of course, a priorily we cannot assume this bound. However, if some bound is violated at certain points for certain $k$, we can replace the $x_{k}$ by these points and decrease the scale on which the curvature is to be bounded along the way. An iteration of this process is called point-picking and will be explained in the following

Lemma 5.1.4 (point-picking). Let $M$ be a complete Riemannian manifold and $f: M \rightarrow$ $\mathbb{R}_{+}$a continuous scalar function. Let $x \in M$ and $d>0$. Then there is a $y \in B_{2 d / \sqrt{f(x)}}(x)$ such that
(i) $f(y) \geq f(x)$ and
(ii) $f<4 f(y)$ on $B_{d / \sqrt{f(y)}}(y)$.

Proof. We describe an algorithm on how to find $y$. Set $y_{0}:=x$ and $F_{0}:=f\left(y_{0}\right)$. Successively apply the following step for $i=0,1,2, \ldots$ :

If $f<4 F_{i}$ on $B_{d / \sqrt{F_{i}}}\left(y_{i}\right)$, we are done. If not, choose $y_{i+1} \in B_{d / \sqrt{F_{i}}}\left(y_{i}\right)$ with $f\left(y_{i+1}\right) \geq 4 F_{i}$ and set $F_{i+1}:=f\left(y_{i+1}\right)$.

Observe that we have $F_{i} \geq 4^{i} F_{0}$ and

$$
\begin{aligned}
\operatorname{dist}\left(x, y_{i}\right) \leq & \operatorname{dist}\left(y_{0}, y_{1}\right)+\operatorname{dist}\left(y_{1}, y_{2}\right)+\ldots+\operatorname{dist}\left(y_{i-1}, y_{i}\right) \\
& <\frac{d}{\sqrt{F_{0}}}+\frac{d}{\sqrt{F_{1}}}+\ldots+\frac{d}{\sqrt{F_{i-1}}}<\left(1+\frac{1}{2}+\ldots+\frac{1}{2^{i-1}}\right) \frac{d}{\sqrt{F_{0}}}<\frac{2 d}{\sqrt{f(x)}} .
\end{aligned}
$$

Since $f$ is bounded on $B_{2 d / \sqrt{f(x)}}(x)$, the process has to terminate after a finite number of steps.

Set $d_{k}:=\frac{1}{4} \operatorname{dist}_{0}\left(x_{0}, x_{k}\right) S^{1 / 2}\left(x_{k}, 0\right) \rightarrow \infty$. Lemma 5.1.4 gives us a sequence $y_{k} \in$ $B_{2 d_{k}}\left(y_{k}, 0\right)$ such that we have the estimate $S(\cdot, 0)<4 S\left(y_{k}, 0\right)$ on $B_{d_{k} / S^{1 / 2}\left(y_{k}, 0\right)}\left(y_{k}, 0\right)$. Moreover, by the triangle inequality

$$
\begin{equation*}
\operatorname{dist}_{0}\left(x_{0}, y_{k}\right) S^{1 / 2}\left(y_{k}, 0\right) \geq \frac{1}{2} \operatorname{dist}_{0}\left(x_{0}, x_{k}\right) S^{1 / 2}\left(x_{k}, 0\right) \rightarrow \infty . \tag{5.4}
\end{equation*}
$$

Set $y_{0}:=x_{0}$ and apply the following
Lemma 5.1.5. Let $(M, g)$ be a complete Riemannian manifold of nonnegative sectional curvature and $y_{k} \in M,(k \geq 0)$ a sequence with $y_{k} \rightarrow \infty$. Then for a subsequence of the $\left(y_{k}\right)_{k>0}$ there is a ray $\sigma:[0, \infty) \rightarrow M$ starting in $y_{0}$ and a sequence $s_{k} \rightarrow \infty$ such that $\operatorname{dist}\left(y_{k}, \sigma\left(s_{k}\right)\right)=\operatorname{dist}\left(y_{0}, y_{k}\right)$ and $\widetilde{\varangle} y_{0} y_{k} \sigma\left(s_{k}\right) \rightarrow \pi$.
Furthermore, $\left.\sigma\right|_{\left[s_{k}, \infty\right)}$ doesn't hit $B_{\frac{1}{2}}{\operatorname{dist}\left(y_{0}, y_{k}\right)}\left(y_{k}\right)$.
Proof. Choose minimizing geodesics $\sigma_{k}$ between $y_{0}$ and $y_{k}$. Since $\ell\left(\sigma_{k}\right) \rightarrow \infty$ we may assume, after passing to a subsequence, that the $\sigma_{k}$ converge to a ray $\sigma:[0, \infty) \rightarrow M$ starting in $y_{0}$. So $\varangle_{y_{0}}\left(\sigma_{k}, \sigma\right) \rightarrow 0$ and thus for large $k$ we get by Toponogov's Theorem 1.3.1 for $l_{k}:=\operatorname{dist}\left(y_{0}, y_{k}\right)$

$$
\begin{equation*}
\operatorname{dist}\left(y_{k}, \sigma\left(l_{k}\right)\right)<\frac{1}{2} l_{k} . \tag{5.5}
\end{equation*}
$$

So for large $k$ we can find an $s_{k}>l_{k}$ such that $\operatorname{dist}\left(y_{k}, \sigma\left(s_{k}\right)\right)=l_{k}$. Toponogov's Theorem yields

$$
\widetilde{\varangle} \sigma\left(s_{k}\right) y_{0} y_{k} \leq \varangle_{y_{0}}\left(\sigma_{k}, \sigma\right) \rightarrow 0 .
$$

Since the comparison triangle $\triangle \widetilde{y}_{0} \sigma\left(s_{k}\right) \widetilde{y}_{k}$ is isosceles, this implies $\widetilde{\varangle} y_{0} y_{k} \sigma\left(s_{k}\right) \rightarrow \pi$. It is easy to see that from (5.5) we get that $\left.\sigma\right|_{\left[s_{k}, \infty\right)}$ does not hit $B_{\frac{1}{2} l_{k}}\left(y_{k}\right)$ for large $k$.

Now parabolically rescale the solution $M \times(-\infty, 0]$ by the factor $\lambda_{k}=S^{1 / 2}\left(y_{k}, 0\right)$ and call the resulting flow $M_{k} \times(-\infty, 0]$. On $M_{k} \times(-\infty, 0]$ we have $S\left(y_{k}, 0\right)=1$ and

$$
S(\cdot, 0)<4 \quad \text { on } \quad B_{d_{k}}^{M_{k}}\left(y_{k}, 0\right) .
$$

So after passing to a subsequence we have convergence of pointed Ricci flows

$$
\begin{equation*}
\left(M_{k} \times(-\infty, 0], y_{k}\right) \xrightarrow[k \rightarrow \infty]{\longrightarrow}\left(M_{\infty} \times(-\infty, 0], y_{\infty}\right) \tag{5.6}
\end{equation*}
$$

for a $\kappa$-solution $M_{\infty} \times(-\infty, 0]$ with $S\left(y_{\infty}, 0\right)=1$.

Connect the points $y_{k}, y_{0}$ resp. $y_{k}, \sigma\left(s_{k}\right) \in M_{k}$ by minimizing geodesics $\gamma_{k}$ resp. $\gamma_{k}^{\prime}$ : $\left[0, l_{k}\right] \rightarrow M_{k}(0)$ starting in $y_{k}$. From (5.4) we find $l_{k} \rightarrow \infty$ and Toponogov's Theorem implies that for any $l>0$ we have $\widetilde{\varangle} \gamma_{k}(l) y_{k} \gamma_{k}^{\prime}(l) \rightarrow \pi$. As a consequence the geodesics $\gamma_{k}$ resp. $\gamma_{k}^{\prime}$ subconverge on the final time slice of (5.6) to rays $\gamma_{\infty}$ resp. $\gamma_{\infty}^{\prime} \subset M_{\infty}(0)$ which connect to a whole line. The splitting principle implies that $M_{\infty} \times(-\infty, 0]=$ $(N \times \mathbb{R}) \times(-\infty, 0]$ where $N \times(-\infty, 0]$ is an $n-1$ dimensional $\frac{1}{2} \kappa$-solution.

We have proved the following statement on the asymptotic geometry of $M \times(-\infty, 0]$ :
Proposition 5.1.6. If $M \times(-\infty, 0]$ satisfies ( $*)$ and $M$ is noncompact, then there is a sequence of points $y_{k} \in M$ and a sequence of numbers $\lambda_{k}=S^{1 / 2}\left(y_{k}, 0\right)>0$ such that the sequence of parabolically rescaled solutions $\left(\lambda_{k}(M \times(-\infty, 0]),\left(y_{k}, 0\right)\right)$ converges to a $\kappa$-solution of the form $\left((N \times \mathbb{R}) \times(-\infty, 0],\left(y_{\infty}, 0\right)\right)$ where $N \times(-\infty, 0]$ is an $n-1$ dimensional $\frac{1}{2} \kappa$-solution.

This Proposition has some important consequences.
Corollary 5.1.7. Every 2 -dimensional solution $M \times(-\infty, 0]$ satisfying (*) is compact.
Proof. Otherwise Proposition 5.1.6 would give us a 1-dimensional $\kappa$-solution. But there are no 1 dimensional $\kappa$-solutions.

Corollary 5.1.8. Let $M \times(-\infty, 0]$ satisfy $(*)$. Then $\mathcal{V}(M(0))=0$.
Proof. We will use induction on the dimension $n$. If $n=2$, the manifold $M$ is compact and the hypothesis applies. Now assume that $M$ is noncompact. By Proposition 5.1.6 there is a sequence $y_{k} \in M$ such that for $\lambda_{k}=S^{1 / 2}\left(y_{k}, 0\right)$ the parabolically rescaled pointed solutions $\left(M_{k} \times(-\infty, 0],\left(y_{k}, 0\right)\right)=\left(\lambda_{k}\left(M_{\lambda_{k}} \times(-\infty, 0]\right),\left(y_{k}, 0\right)\right)$ converge to a $\kappa$-solution $\left((N \times \mathbb{R}) \times(-\infty, 0],\left(y_{\infty}, 0\right)\right)$ where $N \times(-\infty, 0]$ is an $n-1$ dimensional $\frac{1}{2} \kappa$-solution. By the induction hypothesis, $\mathcal{V}(N(0))=0$, so

$$
\mathcal{V}(N(0) \times \mathbb{R})=\lim _{r \rightarrow \infty} \frac{\operatorname{vol} B_{r}^{N(0) \times \mathbb{R}}\left(y_{\infty}\right)}{r^{n}} \leq \lim _{r \rightarrow \infty} \frac{\operatorname{vol} B_{r}^{N(0)}\left(y_{\infty}\right) \cdot 2 r}{r^{n}}=\mathcal{V}(N)=0
$$

There is a sequence $r_{k} \rightarrow \infty$ such that for any $\varepsilon>0$ there are $\varepsilon$-isometries

$$
\Phi_{k}:\left(B_{2 r_{k}}^{N(0) \times \mathbb{R}}\left(y_{\infty}\right), y_{\infty}\right) \longrightarrow\left(M_{k}(0), y_{k}\right)
$$

for large $k$. So for $\varepsilon$ small enough we may conclude from the Bishop-Gromov Theorem 1.4.2

$$
\mathcal{V}(M(0))=\mathcal{V}\left(M_{k}(0)\right) \leq \frac{\operatorname{vol} B_{r_{k}}^{M_{k}(0)}\left(y_{k}\right)}{r_{k}^{n}} \leq \frac{2 \operatorname{vol} B_{2 r_{k}}^{N(0) \times \mathbb{R}}\left(y_{k}\right)}{r_{k}^{n}} \longrightarrow 0 .
$$

Corollary 5.1.9. Let $M \times(-\infty, 0]$ be a 2 or 3 dimensional solution satisfying ( $*$ ). Then $M(0)$ has bounded curvature, hence $M \times(-\infty, 0]$ is already a $\kappa$-solution.

Proof. We just have to show that the scalar curvature is bounded on $M(0)$. In view of Corollary 5.1.7 the case $n=2$ is trivial. So let $n=3$. After passing to the universal cover, we may assume that $M$ is simply connected.

Assume that $M(0)$ does not have bounded curvature. Then there is a sequence $x_{k} \in M$ with $S\left(x_{k}, 0\right) \rightarrow \infty$. Let $x_{0} \in M$ be a basepoint. Obviously $\operatorname{dist}_{0}\left(x_{0}, x_{k}\right) \rightarrow \infty$, so $S\left(x_{k}, 0\right) \operatorname{dist}_{0}^{2}\left(x_{0}, x_{k}\right) \rightarrow \infty$. Apply the preceding discussion for the points $x_{k}$ to get points $y_{k} \in M$, a ray $\sigma:[0, \infty) \rightarrow M(0)$, a sequence $s_{k} \rightarrow \infty$ and minimizing geodesics $\gamma_{k}$ and $\gamma_{k}^{\prime}$. We have $S\left(y_{k}, 0\right) \geq S\left(x_{k}, 0\right) \rightarrow \infty$ and for the by $\lambda_{k}:=S^{1 / 2}\left(y_{k}, 0\right) \rightarrow \infty$ rescaled pointed solutions ( $\left.M_{k} \times(-\infty, 0],\left(y_{k}, 0\right)\right)$ we proved smooth Gromov-Hausdorff convergence

$$
\left(M_{k}(0), y_{k}\right) \xrightarrow[k \rightarrow \infty]{\longrightarrow}\left(N(0) \times \mathbb{R}, y_{\infty}\right)
$$

where $N(0)$ is the final time slice of a 2 dimensional $\frac{1}{2} \kappa$-solution $N \times(-\infty, 0]$ hence compact. Set $d:=\operatorname{diam}_{0} N(0)$.

So for any $\varepsilon>0$ there are $\varepsilon$-isometries

$$
\Phi_{k}: N(0) \times(-2 d, 2 d) \rightarrow \lambda_{k} M(0) \quad \text { with } \quad y_{\infty} \mapsto y_{k}
$$

for large $k$. The sets $U_{k}:=\operatorname{Im} \Phi_{k}$ are relatively compact. Assume that for some $k$, the set $U_{k}$ does not separate $M(0)$. Then we can find a map $b: S^{1} \rightarrow M$ that intersects $N^{\prime}:=\Phi_{k}(N \times\{0\}) \subset M$ exactly once and transversely. But this implies that $b$ and $N^{\prime}$ have nonzero intersection numer contradicting the fact that $M(0)$ is simply connected. So $U_{k}$ separates $M$ for every $k$, i.e. $M \backslash U_{k}$ has two components.

It is easy to see that for large $k$ the points $y_{0}$ and $\sigma\left(s_{k}\right)$, being endpoints of an almost straight broken line, lie in different components of $M \backslash U_{k}$. Since the ray $\left.\sigma\right|_{\left[s_{k}, \infty\right)}$ does not hit $U_{k} \subset B_{\frac{1}{2} \operatorname{dist}_{( }\left(y_{0}, y_{k}\right)}\left(y_{k}\right)$ (for large $k$ ), the component in which $\sigma\left(s_{k}\right)$ lies has to be noncompact for large $k$. If the other part was noncompact as well, $M(0)$ would have two ends, $M \times(-\infty, 0$ ] would geometrically split as $(N \times \mathbb{R}) \times(-\infty, 0]$ and $N$ would be compact. This would contradict the assumption of unbounded curvature.

Now call $L_{k}$ the noncompact part of $M(0) \backslash U_{k}$. Since $M \backslash L_{k}$ is compact and the scalar curvatures on $U_{j}$ go to $\infty$ for $j \rightarrow \infty$, there can only be a finite number of $j$ 's with the property that $U_{j} \not \subset L_{k}$. So by passing to a subsequence we may assume that

$$
M \supset L_{1} \supset L_{2} \supset \ldots
$$

and $y_{0} \in M \backslash L_{1}$. Choose $y_{0}^{\prime} \in M(0) \backslash L_{1}$ near $y_{0}$ such that any minimizing geodesic between $y_{0}$ and $y_{0}^{\prime}$ encloses an angle $>0$ and $<\pi$ with $\sigma$ at $y_{0}$.

Fix some large $k$. Let $r$ be so large that $U_{k} \subset B_{r}\left(y_{0}, 0\right)$ and $U_{k} \subset B_{r}\left(y_{0}^{\prime}, 0\right)$. Choose $s^{\prime}$ such that for $u:=\sigma\left(s^{\prime}\right)$ we have $u \in L_{k}$ and $\operatorname{dist}_{0}\left(u, U_{k}\right)>r$. Let $\gamma:[0,1] \rightarrow M(0)$ be the geodesic $\left.\sigma\right|_{\left[0, s^{\prime}\right]}$ parameterized by constant speed in the reverse direction (i.e. $\gamma(0)=u$ and $\left.\gamma(1)=y_{0}\right)$. Furthermore, choose a constant speed minimizing geodesic $\gamma^{\prime}:[0,1] \rightarrow M(0)$ from $u$ to $y_{0}^{\prime}$. We know that $\gamma$ and $\gamma^{\prime}$ have to pass $U_{k}$. Choose $t, t^{\prime} \in[0,1]$ such that $z:=\gamma(t)$ resp. $z^{\prime}:=\gamma^{\prime}\left(t^{\prime}\right)$ lie in $U_{k}$. By the choice of $u$ we know $t, t^{\prime}>\frac{1}{2}$. Now there are two cases: If $t \leq t^{\prime}$, Toponogov's Theorem 1.3.1 yields for $w:=\gamma\left(\frac{t}{t^{\prime}}\right)$

$$
\operatorname{dist}_{0}\left(\gamma, y_{0}^{\prime}\right) \leq \operatorname{dist}_{0}\left(w, y_{0}^{\prime}\right) \leq \frac{1}{t^{\prime}} \operatorname{dist}_{0}\left(z, z^{\prime}\right) \leq 2 \operatorname{diam}_{0} U_{k}
$$

Analogously if $t \geq t^{\prime}$, we get for $w^{\prime}:=\gamma^{\prime}\left(\frac{t^{\prime}}{t}\right)$

$$
\operatorname{dist}_{0}\left(y_{0}, \gamma^{\prime}\right) \leq \operatorname{dist}_{0}\left(y_{0}, w^{\prime}\right) \leq \frac{1}{t} \operatorname{dist}_{0}\left(z, z^{\prime}\right) \leq 2 \operatorname{diam}_{0} U_{k}
$$

From the assumptions on $y_{0}^{\prime}$ we have $2 \operatorname{diam}_{0} U_{k} \geq \operatorname{dist}_{0}\left(\gamma, y_{0}^{\prime}\right)=\operatorname{dist}_{0}\left(\sigma, y_{0}^{\prime}\right)>0$ and using the triangle inequality we deduce

$$
\begin{aligned}
& 0<\operatorname{dist}_{0}\left(y_{0}^{\prime}, y_{0}\right)+\operatorname{dist}_{0}\left(y_{0}, \sigma(1)\right)-\operatorname{dist}_{0}\left(y_{0}^{\prime}, \sigma(1)\right) \leq \\
& \quad \operatorname{dist}_{0}\left(y_{0}^{\prime}, y_{0}\right)+\operatorname{dist}_{0}\left(y_{0}, u\right)-\operatorname{dist}_{0}\left(y_{0}^{\prime}, u\right) \leq 2 \operatorname{dist}_{0}\left(y_{0}, \gamma^{\prime}\right) \leq 4 \operatorname{diam}_{0} U_{k}
\end{aligned}
$$

But this contradicts the fact that $\operatorname{diam}_{0} U_{k} \rightarrow 0$ for $k \rightarrow \infty$.

### 5.2 Controlling curvature by local collapsedness and vice versa

The fact that the asymptotic volume ratio of any $\kappa$-solution is 0 is now useful to show that we can bound the curvature at a point by the local collapsedness.

Lemma 5.2.1 (volume controls curvature). For any $\alpha>0$ there is a $C_{\kappa, n}(\alpha)<\infty$ such that the following holds:
Suppose that $M^{n} \times(-\infty, 0]$ is a Ricci flow satisfying $(*),(x, t) \in M \times(-\infty, 0]$ and $r>0$. If $\operatorname{vol}_{0} B_{r}(x, 0)>\alpha r^{n}$ then $S(x, 0)<\frac{C}{r^{2}}$
Proof. Fix some $\alpha, \kappa>0$ and $n \in \mathbb{N}$. Suppose that there wasn't such $C$. Then we can find a sequence of $n$ dimensional Ricci flows $M_{k} \times(-\infty, 0]$ satisfying $(*)$ for $\kappa$ and a sequence of points $x_{k} \in M_{k}$ as well as a sequence $r_{k}$ such that

$$
\operatorname{vol}_{0} B\left(x_{k}, 0, r_{k}\right)>\alpha r_{k}^{n} \quad \text { but } \quad r_{k}^{2} S\left(x_{k}, 0\right) \rightarrow \infty
$$

Now we apply the point-picking Lemma 5.1.4 with $d_{k}=\frac{1}{2} r_{k} S^{1 / 2}\left(x_{k}, 0\right) \rightarrow \infty$ in order to get curvature control near $x_{k}$. We find that there are points $y_{k} \in B_{r_{k}}^{M_{k}}\left(x_{k}\right)$ such that for $Q_{k}:=S\left(y_{k}, 0\right)$

$$
S(\cdot, 0)<4 Q_{k} \quad \text { on } \quad B_{d_{k} / Q_{k}^{1 / 2}}^{M_{k}}\left(y_{k}, 0\right) .
$$

The fact that the distance between $x_{k}$ and $y_{k}$ is bounded by $r_{k}$ implies

$$
\begin{equation*}
\operatorname{vol}_{0} B_{2 r_{k}}^{M_{k}}\left(y_{k}, 0\right) \geq \alpha r_{k}^{n} \tag{5.7}
\end{equation*}
$$

By parabolic rescaling we can now assume that $Q_{k}=S\left(y_{k}, 0\right)=1$, so

$$
S(\cdot, 0)<4 \quad \text { on } \quad B_{d_{k}}^{M_{k}}\left(y_{k}, 0\right) .
$$

So after passing to a subsequence we have convergence of pointed Ricci flows

$$
\begin{equation*}
\left(M_{k} \times(-\infty, 0],\left(x_{k}, 0\right)\right) \underset{k \rightarrow \infty}{\longrightarrow}\left(M_{\infty} \times(-\infty, 0],\left(x_{\infty}, 0\right)\right) \tag{5.8}
\end{equation*}
$$

where $M_{\infty} \times(-\infty, 0]$ is a $\kappa$-solution, hence $\mathcal{V}\left(M_{\infty}(0)\right)=0$. This implies that we can choose a radius $r>0$ such that

$$
\frac{\operatorname{vol}_{0} B_{r}^{M_{\infty}}\left(x_{\infty}, 0\right)}{r^{n}}<\frac{\alpha}{2^{n}}
$$

From (5.8) one can easily deduce

$$
\frac{\operatorname{vol}_{0} B_{r}^{M_{k}}\left(y_{k}, 0\right)}{r^{n}} \longrightarrow \frac{\operatorname{vol}_{0} B_{r}^{M_{\infty}}\left(y_{\infty}, 0\right)}{r^{n}}<\frac{\alpha}{2^{n}} \quad \text { for } \quad k \longrightarrow \infty
$$

On the other hand, we can assume $2 r_{k}>r$ since $r_{k} \rightarrow \infty$ and Bishop-Gromov's Theorem 1.4.2 gives us a contradiction:

$$
\frac{\operatorname{vol}_{0} B_{r}^{M_{k}}\left(y_{k}, 0\right)}{r^{n}} \geq \frac{\operatorname{vol}_{0} B_{2 r_{k}}^{M_{k}}\left(y_{k}, 0\right)}{\left(2 r_{k}\right)^{n}} \geq \frac{\alpha}{2^{n}}
$$

Corollary 5.2.2. For any $\alpha>0$ and $A<\infty$ there is a $C_{\kappa, n}^{\prime}(\alpha, A)<\infty$ such that the following holds:
Suppose that $(x, 0)$ is a point on an $n$ dimensional Ricci flow $M \times(-\infty, 0]$ satisfying the assumptions of $(*)$ such that $\operatorname{vol}_{0} B_{1}(x, t)>\alpha$. Then we have $S(\cdot, t)<C^{\prime}$ on $B_{A}(x, t)$.

Proof. For any point $y \in B(x, t, A)$ we have

$$
\frac{\operatorname{vol}_{0} B(y, t, A+1)}{(A+1)^{n}} \geq \frac{\alpha}{(A+1)^{n}}
$$

So by Lemma 5.2.1

$$
S(y, 0)<\frac{C_{\kappa, n}\left(\frac{\alpha}{(A+1)^{n}}\right)}{(A+1)^{2}}
$$

Corollary 5.2.3. Let $\left(M_{k} \times(-\infty, 0],\left(x_{k}, 0\right)\right)$ be a sequence of $n$ dimensional Ricci flows satisfying the assumptions in $(*)$ for a certain $\kappa$ such that $\operatorname{vol}_{0} B_{1}\left(x_{k}, 0\right)>\alpha>0$. Then there is a subsequence $\left(M_{k_{i}} \times(-\infty, 0],\left(x_{k_{i}}, 0\right)\right)$ that smoothly converges for $i \rightarrow \infty$ to $a$ Ricci flow $\left(M_{\infty} \times(-\infty, 0],\left(x_{\infty}, 0\right)\right)$.

Moreover, $\operatorname{vol}_{0} B_{1}\left(x_{\infty}, 0\right)=\lim _{i \rightarrow \infty} \operatorname{vol}_{0} B_{1}^{M_{k}}\left(x_{k_{i}}, 0\right)$ and $S\left(x_{\infty}, 0\right)=\lim _{i \rightarrow \infty} S\left(x_{i}, 0\right)$ and if $S\left(x_{\infty}, 0\right)>0$ the Ricci flow $M_{\infty} \times(-\infty, 0]$ satisfies $(*)$.

Proof. Obvious.
The $\kappa$-noncollapsedness gives us a tool to bound the local collapsedness by a local bound on the curvature. We will show that we can even control the local collapsedness by the curvature at just a single point.

Lemma 5.2.4 (curvature controls volume). There is a $\beta_{n}>0$ such that the following holds:
If $(x, t)$ is a point on a Ricci flow $M^{n} \times(\infty, 0]$ satisfying $(*)$ and $r=S^{-1 / 2}(x, 0)$, then

$$
\frac{\operatorname{vol}_{0} B_{r}(x, 0)}{r^{n}}>\beta
$$

Proof. Observe that the hypothesis of the Lemma is scale-invariant. Assume that there was no such $\beta_{n}$. Then there is a sequence $\left(M_{k} \times(-\infty, 0],\left(x_{k}, 0\right)\right)$ of pointed $n$ dimensional Ricci flows satisfying $(*)$ such that for $r_{k}:=S^{-1 / 2}\left(x_{k}, t\right)$ we have

$$
\begin{equation*}
\frac{\operatorname{vol}_{0} B_{r_{k}}^{M_{k}}\left(x_{k}, 0\right)}{r_{k}^{n}} \longrightarrow 0 \tag{5.9}
\end{equation*}
$$

By Bishop-Gromov's Theorem 1.4.2 we get that $\frac{\operatorname{vol}_{0} B\left(x_{k}, 0, s\right)}{s^{n}} \nearrow \omega_{n}$ for $s \searrow 0$ where $\omega_{n}$ denotes the volume of the unit ball in $n$ dimensional Euclidean space. So for large $k$ we find $s_{k}<r_{k}$ such that

$$
\frac{\operatorname{vol}_{0} B_{s_{k}}^{M_{k}}\left(x_{k}, 0\right)}{s_{k}^{n}}=\frac{\omega_{n}}{2}
$$

By rescaling, we may assume that $s_{k}=1$. Since $\operatorname{vol}_{0} B_{r_{k}}^{M_{k}}\left(x_{k}, 0\right) \geq \operatorname{vol}_{0} B_{1}^{M_{k}}\left(x_{k}, 0\right)=\frac{\omega_{n}}{2}$ the convergence (5.9) implies $r_{k} \rightarrow \infty$. By Corollary 5.2.3 we get smooth convergence of pointed Ricci flows after passing to a subsequence

$$
\left(M_{k} \times(-\infty, 0],\left(x_{k}, 0\right)\right) \xrightarrow[k \rightarrow \infty]{ }\left(M_{\infty} \times(-\infty, 0],\left(x_{\infty}, 0\right)\right)
$$

where $M_{\infty} \times(-\infty, 0]$ is an ancient $\kappa$-noncollapsed Ricci flow with

$$
\begin{equation*}
\operatorname{vol}_{0} B_{1}\left(x_{\infty}, 0\right)=\frac{\omega_{n}}{2} \quad \text { and } \quad S\left(x_{\infty}, 0\right)=\lim _{i \rightarrow \infty} \frac{1}{r_{k_{i}}^{2}}=0 \tag{5.10}
\end{equation*}
$$

So by the strong maximum principle we may conclude $S \equiv 0$ on $M_{\infty} \times(-\infty, 0]$, thus $M_{\infty}(0)$ is flat, and $M_{\infty}(0) \cong \mathbb{R}^{n} / \Gamma$ for a discrete subgroup $\Gamma \triangleleft \operatorname{Isom}\left(\mathbb{R}^{n}\right)$ acting freely on $\mathbb{R}^{n}$. Because of $(5.10), M_{\infty}(0)$ can not be isometric to $\mathbb{R}^{n}$, hence $\Gamma \neq 1$. But by Bieberbach's Theorem 1.4.6 there is a Riemannian covering $T^{k} \times \mathbb{R}^{n-k} \rightarrow \mathbb{R}^{n} / \Gamma$ with $k>0$ where $T^{k}$ is a $k$-dimensional flat torus. Using the $\kappa$-noncollapsedness of $M_{\infty} \times(-\infty, 0]$, we find $\kappa \leq \mathcal{V}\left(M_{\infty}\right) \leq \mathcal{V}\left(T^{k} \times \mathbb{R}^{n-k}\right)=0$, a contradiction.

Corollary 5.2.5. For any $A<\infty$ there is a $C_{\kappa, n}(A)<\infty$ such that the following holds: Let $M \times(-\infty, 0]$ be an $n$ dimensional Ricci flow satisfying $(*)$ and $x \in M$. Then

$$
\frac{1}{C} S(x, 0)<S(\cdot, 0)<C S(x, 0) \quad \text { on } \quad B_{A S^{-1 / 2}(x, 0)}(x, 0)
$$

Proof. Observe that the hypothesis is scale invariant. Thus we may assume that $S(x, 0)=$ 1. Applying Lemma 5.2 .4 we get $\operatorname{vol}_{0} B_{1}(x, 0)>\beta$. So Corollary 5.2 .2 gives $S<$ $C_{\kappa, n}^{\prime}\left(\beta, C_{1}\right)$ on $B_{A S^{-1 / 2}(x, 0)}(x, 0)$. We have established the upper bound.

For the lower bound choose $y \in B_{A S^{-1 / 2}(x, 0)}(x, 0)$. If $S(y, 0)>S(x, 0)$, there is nothing to show. If $S(y, 0) \leq S(x, 0)$ we have $x \in B_{A S^{-1 / 2}(y, 0)}(y, 0)$ and we can apply the Corollary for $y$.

As a special case we formulate the following Corollary which compares the distance between two points on the scale of each point.

Corollary 5.2.6. For any $C_{1}<\infty$ there is a $C_{2}\left(C_{1}, \kappa, n\right)<\infty$ such that the following holds:
If $M \times(-\infty, 0]$ is an $n$ dimensional Ricci flow satisfying $(*)$ and $x, y \in M$, we have

$$
S(x, 0) \operatorname{dist}_{0}^{2}(x, y)<C_{1} \quad \Longrightarrow \quad S(y, 0) \operatorname{dist}_{0}^{2}(x, y)<C_{2}
$$

Corollary 5.2.7. Let $\left(M_{k} \times(-\infty, 0],\left(x_{k}, 0\right)\right)$ be a sequence of pointed solutions satisfying $(*)$ for a certain $\kappa>0$ such that $S\left(x_{k}, 0\right) \rightarrow \rho_{\infty}$. Then there is a subsequence $\left(M_{k_{i}} \times\right.$ $\left.(-\infty, 0],\left(x_{k_{i}}, 0\right)\right)$ that smoothly converges to either an ancient flat solution if $\rho_{\infty}=0$ or if $\rho_{\infty}>0$ to an ancient solution $M_{\infty} \times(-\infty, 0]$ satisfying $(*)$ with $S\left(x_{\infty}, 0\right)=\rho_{\infty}$.

In other words: The set of $n$ dimensional pointed solutions satisfying ( $*$ ) is compact modulo scaling.

Proof. Use Lemma 5.2.4 and Corollary 5.2.3.

Especially in dimension 2 and 3 this gives (see Corollary 5.1.9):
Proposition 5.2.8 (Compactness of the space of 2 or 3 dimensional pointed $\kappa$-solutions modulo scaling). Let $\left(M_{k} \times(-\infty, 0],\left(x_{k}, 0\right)\right)$ be a sequence of pointed 2 or 3 dimensional $\kappa$-solutions such that $S\left(x_{k}, 0\right) \rightarrow \rho_{\infty}$. Then there is a subsequence $\left(M_{k_{i}} \times\right.$ $\left.(-\infty, 0],\left(x_{k_{i}}, 0\right)\right)$ that smoothly converges to either an ancient flat solution if $\rho_{\infty}=0$ or a $\kappa$-solution $M_{\infty} \times(-\infty, 0]$ with $S\left(x_{\infty}, 0\right)=\rho_{\infty}$ if $\rho_{\infty}>0$.

Finally, we mention a simple application of Corollary 5.2.7. Observe that the quantities in the hypothesis are invariant under parabolic rescaling.

Corollary 5.2.9. There is a constant $\eta_{\kappa, n}<\infty$ such that for any $n$ dimensional Ricci flow $M \times(-\infty, 0]$ satisfying $(*)$ and any point $x \in M$ we have

$$
\left\|\nabla S^{-1 / 2}(x, 0)\right\|<\frac{\eta}{2} \quad \text { and } \quad\left|\partial_{t} S^{-1}(x, 0)\right|<\left(\frac{\eta}{2}\right)^{2}
$$

The factor $\frac{1}{2}$ is chosen in order to simplify future computations.

### 5.3 Classification of 2 dimensional $\kappa$-solutions

From Corollary 5.1 .7 we already know that every 2 dimensional solution $M \times(-\infty, 0]$ satisfying $(*)$ is a compact $\kappa$-solution and thus is diffeomorphic to either $S^{2}$ or $\mathbb{R} P^{2}$. As for the geometry, Proposition 5.2.8 gives us the following statement.

Lemma 5.3.1. Let $\left(M_{k} \times(-\infty, 0]\right)$ be a sequence of 2 dimensional $\kappa$-solutions on $S^{2}$ whose volume is normalized, i.e. $\operatorname{vol}_{0} M_{k}=4 \pi$. Then the sequence subconverges to $a$ volume normalized $\kappa$-solution $M_{\infty} \times(-\infty, 0]$ on $S^{2}$

Proof. Choose basepoints $x_{k} \in M_{k}$ and consider the sequence pointed rescales solutions $\left(\lambda_{k}\left(M_{k} \times(-\infty, 0]\right),\left(x_{k}, 0\right)\right)$ with $\lambda_{k}=S^{1 / 2}\left(x_{k}, 0\right)$. On the rescaled solutions $S\left(x_{k}, 0\right)=$ 1 , so by Proposition 5.2 .8 we have convergence to a pointed 2 dimensional $\kappa$-solution $\left(M_{\infty} \times(-\infty, 0],\left(x_{\infty}, 0\right)\right)$ for a subsequence of indices $\left(k_{i}\right)$. By Corollary 5.1.7 the manifold $M_{\infty}$ must be compact and thus also diffeomorphic to $S^{2}$. For the volume we have

$$
\operatorname{vol}_{0} M_{k_{i}}=4 \pi \lambda_{k_{i}}^{2} \xrightarrow[i \rightarrow \infty]{ } \operatorname{vol}_{0} M_{\infty}
$$

Thus the $\lambda_{k_{i}}$ converge and by Proposition 5.2 .8 again we already have subconvergence of the pointed $\kappa$-solutions $\left(M_{k} \times(-\infty, 0],\left(x_{k}, 0\right)\right)$ to a pointed $\kappa$-solution $\left(M_{\infty}^{\prime} \times(-\infty, 0],\left(x_{\infty}, 0\right)\right)$ (which is indeed equal to $\left.M_{\infty} \times(-\infty, 0]\right)$. By the same argument, as above $M_{\infty}^{\prime}$ is diffeomorphic to $S^{2}$ and we have $\operatorname{vol}_{0} M_{\infty}^{\prime}=4 \pi$.

In order deduce some exact geometric statements we need to introduce a scale invariant quantity for Riemannian metrics on $S^{2}$ which will turn out to be monotone under the Ricci flow.

Definition 5.3.2. Let $M$ be a surface of positive (scalar) curvature diffeomorphic to $S^{2}$ and denote $V:=\operatorname{vol}(M)$ its volume. The entropy of $M$ is defined by

$$
N(M):=-\int_{M} S \log \left(\frac{S V}{8 \pi}\right) \mathrm{d} \mu
$$

Lemma 5.3.3. If $M$ is diffeomorphic to $S^{2}$ and has positive curvature, then $N \leq 0$ and $N=0$ if and only if $M$ is homothetic to the round $S^{2}$.

Proof. Since the function $f: x \mapsto-V x \log \left(\frac{V x}{8 \pi}\right)$ is concave, we obtain by Jensen's inequality and the Gauß-Bonnet Theorem 1.4.4

$$
N(M)=\frac{1}{V} \int_{M} f(S) \mathrm{d} \mu \leq f\left(\frac{1}{V} \int_{M} S \mathrm{~d} \mu\right)=f\left(\frac{8 \pi}{V}\right)=0
$$

The rest follows easily.
Recall that for the Ricci flow on a surface the scalar curvature $S$ satisfies the following evolution equation:

$$
\dot{S}=\triangle S+S^{2}
$$

Moreover, if we form the Riemannian measure $\mu_{t}$ at time $t$, we have $\frac{\mathrm{d}}{\mathrm{d} t} \mu_{t}=-S \mu_{t}$.
Lemma 5.3.4. Let $M \times[0, T]$ be a Ricci flow on a surface $M$ diffeomorphic to $S^{2}$ such that the curvature is everywhere positive. Then $\dot{N}(M) \geq 0$. Furthermore, if $\dot{N}_{t}(M)=0$ for some $t \in[0, T]$, then $M(t)$ is homothetic to the round $S^{2}$.

Proof. Without loss of generality we assume that $V=4 \pi$. In the following we will always integrate over $M$ and denote the Riemannian measure at time $t$ by $\mathrm{d} \mu$. The Gauß-Bonnet Theorem gives us that $\dot{V}=-8 \pi$ and

$$
\begin{gathered}
\dot{N}=-\int\left(\triangle S+S^{2}\right) \log \left(\frac{S V}{8 \pi}\right) \mathrm{d} \mu-\int\left(\triangle S+S^{2}\right) \mathrm{d} \mu+2 \int S \mathrm{~d} \mu+\int S^{2} \log \left(\frac{S V}{8 \pi}\right) \mathrm{d} \mu \\
=\int \frac{\|\nabla S\|^{2}}{S} \mathrm{~d} \mu-\int S^{2} \mathrm{~d} \mu+2 \int S \mathrm{~d} \mu=\int \frac{\|\nabla S\|^{2}}{S} \mathrm{~d} \mu-\int(S-2)^{2} \mathrm{~d} \mu
\end{gathered}
$$

The scalar function $S-2$ has integral 0 . So we find an $f \in C^{\infty}(M)$ with $\triangle f=S-2$. Set

$$
H:=\nabla^{2} f-\frac{1}{2} \triangle f\langle\cdot, \cdot\rangle=\left(\nabla^{2} f\right)_{0} \in \Gamma\left(\operatorname{Sym}_{2} T^{*} M\right) \quad \text { and } \quad X:=\nabla S+S \nabla f \in \Gamma(T M)
$$

(Note that $\frac{1}{2} X=\operatorname{div} H=\sum_{i} \nabla_{E_{i}} H\left(E_{i}, \cdot\right)$ for an orthonormal frame $\left(E_{i}\right)$. If $f$ is the potential of a gradient shrinking 2-dimensional soliton we have $H \equiv 0$.) Using Stokes' theorem

$$
\begin{aligned}
\int \frac{\|X\|^{2}}{S} \mathrm{~d} \mu=\int \frac{\|\nabla S\|^{2}}{S} \mathrm{~d} \mu+\int S\|\nabla f\|^{2} \mathrm{~d} \mu & +\underbrace{2 \int\langle\nabla S, \nabla f\rangle \mathrm{d} \mu} \\
& -2 \int S(S-2) \mathrm{d} \mu=-2 \int(S-2)^{2} \mathrm{~d} \mu
\end{aligned}
$$

This gives us

$$
\dot{N}=\int \frac{\|X\|^{2}}{S} \mathrm{~d} \mu-\int S\|\nabla f\|^{2} \mathrm{~d} \mu+\int(S-2)^{2} \mathrm{~d} \mu
$$

Observe that we have

$$
\|H\|^{2}=\left\|\nabla^{2} f\right\|^{2}-\triangle f\left\langle\nabla^{2} f,\langle\cdot, \cdot\rangle\right\rangle+\frac{1}{2}(\triangle f)^{2}=\left\|\nabla^{2} f\right\|^{2}-\frac{1}{2}(\triangle f)^{2}
$$

So using Stokes' theorem again we get

$$
\begin{aligned}
2 \int\|H\|^{2} \mathrm{~d} \mu & =2 \int\left\|\nabla^{2} f\right\|^{2} \mathrm{~d} \mu-2 \int(\Delta f)^{2} \mathrm{~d} \mu+\int(S-2)^{2} \mathrm{~d} \mu \\
& =-2 \int\langle\nabla f, \Delta \nabla f\rangle \mathrm{d} \mu+2 \int\langle\nabla f, \nabla \Delta f\rangle \mathrm{d} \mu+\int(S-2)^{2} \mathrm{~d} \mu \\
& =-\int S\|\nabla f\|^{2} \mathrm{~d} \mu+\int(S-2)^{2} \mathrm{~d} \mu
\end{aligned}
$$

We conclude

$$
\dot{N}=\int_{M} \frac{\|X\|^{2}}{S} \mathrm{~d} \mu+2 \int_{M}\|H\|^{2} \mathrm{~d} \mu \geq 0
$$

Now suppose $\dot{N}=0$ but $S \not \equiv$ const. It follows $H=\nabla^{2} f-\frac{1}{2} \triangle f\langle\cdot, \cdot\rangle=\left(\nabla^{2} f\right)_{0}=0$. Since

$$
\nabla^{2} f=\frac{1}{2} \triangle f\langle\cdot, \cdot,\rangle=\operatorname{Ric}-\langle\cdot, \cdot,\rangle
$$

the $M$ is a gradient shrinking soliton. Following [CLT] we will show that there is no gradient shrinking soliton on $S^{2}$ other than the round solution.

Assume that $S \not \equiv$ const and thus $f \not \equiv$ const. Consider the vector field $Y:=J \nabla f$ where $J$ denotes the counterclockwise rotation by $\frac{\pi}{2}$ on $T M$. Since $\nabla . Y=J \nabla . \nabla f=\frac{1}{2} \triangle f J$ is a skew symmetric endomorphism, $Y$ is Killing and $M$ is rotationally symmetric. So $f$ has exactly two critical points $x_{\min / \max } \in M$ where it assumes its extrema $f_{\min / \max }$. Let $\gamma:[0, a] \rightarrow M$ be a geodesic between $x_{\min }$ and $x_{\max }$ parameterized by arclength. We can choose polar coordinate $(r, \theta)$ on $M \backslash\left\{x_{\min / \max }\right\}$ around $x_{\min }$ such that we have for the metric $g=\mathrm{d} r^{2}+h^{2}(r) \mathrm{d} \theta^{2}$ with $h=u\|\nabla f\|$ for some $u \neq 0$ and $\gamma$ is the line $\theta \equiv 0$. Then $\nabla f=\frac{\mathrm{d} f}{\mathrm{~d} r} \partial_{r}$. We get

$$
h^{\prime}=u \frac{\left\langle\nabla_{\partial_{r}} \nabla f, \nabla f\right\rangle}{\|\nabla f\|}=u \nabla_{\partial_{r}, \partial_{r}}^{2} f=u \frac{1}{2} S-u=-u \frac{h^{\prime \prime}}{h}-u
$$

Multiplying by $h h^{\prime}$ and integrating gives

$$
\int_{0}^{a} h\left(h^{\prime}\right)^{2} \mathrm{~d} r=-\left.\frac{u}{2}\left(h^{\prime}\right)^{2}\right|_{0} ^{a}-\left.\frac{u}{2} h^{2}\right|_{0} ^{a}
$$

Obviously $h(0)=h(a)=0$, so the second term on the right hand side vanishes. Furthermore, we must have $h^{\prime}(0)=-h^{\prime}(a)=1$. Thus also the first term vanishes and we conclude $h\left(h^{\prime}\right)^{2} \equiv 0$, but this is impossible.

Now we are able to prove the final statement
Theorem 5.3.5. Every 2 -dimensional $\kappa$-solution is homothetic to the round shrinking $S^{2} \times(-\infty, 0]$ or $\mathbb{R} P^{2} \times(-\infty]$.
Proof. Let $\mathcal{S}_{\text {vol }}$ be the set of all normalized (i.e. $\operatorname{vol}_{0}=4 \pi$ ) 2 dimensional $\kappa$-solutions diffeomorphic to $S^{2}$. It will be enough to show that $\mathcal{S}_{\text {vol }}$ just contains the round shrinking $S^{2} \times(-\infty, 0]$. As follows easily from Proposition $5.2 .8, \mathcal{S}_{\text {vol }}$ is compact, i.e. every sequence of Ricci flows of $\mathcal{S}_{\text {vol }}$ subconverges to a Ricci flow in $\mathcal{S}_{\text {vol }}$.

Next observe that the entropy of the final time slice $N_{0}: \mathcal{S}_{\text {vol }} \rightarrow(-\infty, 0]$ is a continuous function, i.e. for every convergent sequence of Ricci flows $M_{k} \times(-\infty, 0] \in \mathcal{S}_{\text {vol }}$ the time 0 entropies $N_{0}\left(M_{k}\right)$ converge to the time 0 entropy if its limit. It is easy to conclude that the image $I$ of $N_{0}$ is compact and by Lemma 5.3.3 we have $I \subset(-\infty, 0]$. Let $N_{\min }$ be the minimum of $I$ and $M \times(-\infty, 0]$ be a $\kappa$-solution with $N_{0}(M)=N_{\text {min }}$. By Lemma 5.3.4 the entropy $N_{t}(M)$ has to be constant in $t$. So $M \times(-\infty, 0]$ is isometric to the round shrinking $S^{2}$ and thus $N_{\text {min }}=0$. This implies that any $M \times(-\infty, 0] \in \mathcal{S}_{\text {vol }}$ has $N=0$ and thus is isometric to the round shrinking $S^{2}$.

### 5.4 Classification of 3 dimensional $\kappa$-solutions

We will now classify the geometry of 3 dimensional $\kappa$-solutions. As explained in section 1.4, every 3 dimensional nonflat complete Riemannian manifold $M$ of nonnegative curvature is isometric to a quotient of $N \times \mathbb{R}$, where $N$ is diffeomorphic to $\mathbb{R}^{3}$, or $M$ is diffeomorphic to a spherical space form, to $\mathbb{R}^{3}$, or to one of the following manifolds:

$$
S^{2} \times \mathbb{R}, \quad \mathbb{R} P^{2} \times \mathbb{R}, \quad S^{2} \widetilde{\times} \mathbb{R}, S^{2} \times S^{1}, \quad \mathbb{R} P^{2} \times S^{1}, S^{2} \widetilde{\times} S^{1}, \quad \mathbb{R} P^{3} \# \mathbb{R} P^{3}
$$

(Here $S^{2} \widetilde{\times} \mathbb{R}=S^{2} \times \mathbb{R} /(a, b) \sim(-a,-b)$ and $S^{2} \widetilde{\times} S^{2}=S^{2} \times S^{1} /(a, b) \sim(-a,-b)$.) By the splitting principle and Corollary 5.1.7, the final time slice of a $\kappa$-solution cannot be isometric to a quotient of $N \times \mathbb{R}$ with $N \approx \mathbb{R}^{2}$. Again using the splitting principle and Theorem 5.3.5, it is furthermore easy to conclude that if a $\kappa$-solution is diffeomorphic to one of the latter 7 manifolds, then it is actually homothetic to the corresponding quotient of the round shrinking cylinder. In the latter 4 cases (the compact ones) this puts us into trouble concerning the noncollapsedness condition:

Lemma 5.4.1. There is no $\kappa$-solution diffeomorphic to a compact metric quotient of the round cylinder $S^{2} \times \mathbb{R}$. Hence all compact $\kappa$-solutions are spherical space forms.

Proof. Assume that $M \times(-\infty, 0]$ is a $\kappa$-solution on a compact metric quotient of the round cylinder $S^{2} \times \mathbb{R}$. Then $M \times(-\infty, 0]$ is homothetic to the corresponding quotient of the standard round shrinking cylinder $\left(S^{2} \times \mathbb{R}\right) \times(-\infty, 0]$. Assume that it is even isometric to this quotient. Consider the covering map $\pi: S^{2} \times \mathbb{R} \rightarrow M$. The scalar curvature $S$ on $M$ satisfies $S_{t}=S(\cdot, t) \equiv \frac{1}{1-t}$. Obviously, there is an $A$ such that $\pi\left(S^{2} \times(-A, A)\right)=M$. So

$$
\begin{equation*}
\operatorname{vol}_{t} M \leq \operatorname{vol}_{t} S^{2} \times(-A, A)=16 A \pi(1-t) . \tag{5.11}
\end{equation*}
$$

Set $r_{t}^{2}:=1 /\left\|R_{t}\right\|=\frac{\sqrt{2}}{S_{t}}=\sqrt{2}(1-t)$. Then for any point $x \in M$ we have $\operatorname{vol}_{t} M \geq$ $\operatorname{vol}_{t} B\left(x, t, r_{t}\right) \geq \kappa r_{t}^{3}=2^{3 / 4} \kappa(1-t)^{3 / 2}$, contradicting (5.11) for $t \rightarrow-\infty$.

So any 3 dimensional $\kappa$-solution $M \times(-\infty, 0]$ is either diffeomorphic to a spherical space form, to $\mathbb{R}^{3}$ or is homothetic to one of the following quotients of the round shrinking cylinder:

$$
S^{2} \times \mathbb{R}, \quad \mathbb{R} P^{2} \times \mathbb{R} \text { or } S^{2} \widetilde{\times} \mathbb{R}
$$

In the case in which a $M \times(-\infty, 0]$ is a higher spherical space form (hereby we mean a spherical space form that is not $S^{3}$ or $\left.\mathbb{R} P^{3}\right)$, we will show that $M \times(-\infty, 0]$ is already
homothetic to the corresponding quotient of the round shrinking $S^{3} \times(-\infty, 0]$. However, this result will not be needed in the subsequent chapters.

If a $\kappa$-solution is diffeomorphic to $S^{3}, \mathbb{R} P^{3}$ or $\mathbb{R}^{3}$, we cannot give a precise classification of its geometry. For example, it is not known if the round shrinking $S^{3}$ is the only $\kappa$ solution diffeomorphic to $S^{3}$. It is very reasonable that there is also a solution that looks more and more like an ellipsoid and approaches the geometry of a round cylinder around its center or a bowl-shaped solution on $\mathbb{R}^{3}$ around its tips for $t \rightarrow-\infty$. The analogon can be conjectured for $\mathbb{R} P^{3}$. Note that there is a $\kappa$-solution on $\mathbb{R}^{3}$ that is rotationally symmetric and asymptotically cylindrical in its end, called Bryant's soliton (see [Cho2, Ch 1] or [CLN, Sec 4.6]). Moreover, this solution is a steady gradient soliton. It is unknown if this is the only $\kappa$-solution on $\mathbb{R}^{3}$ up to homothety.

However, in the two unknown cases we will still be able to give give an approximate classification. At first, we have to analyze the global structure of 3 dimensional $\kappa$-solutions.

### 5.4.1 The asymptotic cone of a 3 dimensional $\kappa$-solution

In the proof of Proposition 5.1.3 we have already seen that the blow downs of a $\kappa$-solution do not smoothly converge to a smooth metric cone of the same dimension away from its tip. In dimension 3 even more is true:

Proposition 5.4.2. Let $M \times(-\infty, 0]$ be a 3 dimensional $\kappa$-solution. Then the asymptotic cone of $M(0)$ is either a point, a ray or a line. If it is a point, the solution is compact. If it is a line, the solution is either homothetic to the round $\left(S^{2} \times \mathbb{R}\right) \times(-\infty, 0]$ or to the round $\left(\mathbb{R} P^{2} \times \mathbb{R}\right) \times(-\infty, 0]$.

Proof. Let $p \in M$ and $\left(C, p_{\infty}\right)$ be the asymptotic cone of $M(0)$. If $C$ is just a single point, $M(0)$ doesn't have rays hence it is compact (recall the construction of the asymptotic cone in the proof of Proposition 3.6.1).

Assume that $\left(C, p_{\infty}\right)$ is not just a ray starting in $p_{\infty}$. We want to show that $M \times(-\infty, 0]$ is homothetic to the standard $\left(S^{2} \times \mathbb{R}\right) \times(-\infty, 0]$ or to $\left(\mathbb{R} P^{2} \times \mathbb{R}\right) \times(-\infty, 0]$. This will then imply that $\left(C, p_{\infty}\right)$ is a line. We can find two rays $\gamma, \sigma:[0, \infty) \rightarrow M(0)$ parameterized by arclength and starting in $p$ such that

$$
\begin{equation*}
\lim _{s, t \rightarrow \infty} \widetilde{\varangle} \gamma(t) p \sigma(s)=\alpha>0 \tag{5.12}
\end{equation*}
$$

Consider the universal covering $\kappa$-solution $\widetilde{M} \times(-\infty, 0]$. Lift $p$ to get $\widetilde{p}$ and, starting in $\widetilde{p}$, lift $\gamma$ and $\sigma$ to get $\widetilde{\gamma}$ resp. $\widetilde{\sigma}$. Obviously the above identity is also true for $\widetilde{\gamma}$ and $\widetilde{\sigma}$, possibly for a different $\widetilde{\alpha}>\alpha$. If we could show that $\widetilde{M} \times(-\infty, 0]$ is homothetic to the round $\left(S^{2} \times \mathbb{R}\right) \times(-\infty, 0]$ then $M \times(-\infty, 0]$ is homothetic to the standard Ricci flow on one of its quotients, i.e.

$$
S^{2} \times \mathbb{R}, \quad \mathbb{R} P^{2} \times \mathbb{R}, \quad S^{2} \widetilde{\times} \mathbb{R}=\left(S^{2} \times \mathbb{R}\right) /(a, b) \sim(-a,-b)
$$

or some compact quotient of $S^{2} \times \mathbb{R}$. Since the asymptotic cone of $M(0)$ is more than a ray, we can exclude all cases except the the first two. This shows that it suffices to assume $M$ to be simply connected.

From (5.12) and the fact that $\widetilde{\varangle} \gamma(t) p \sigma(s)$ is decreasing in $s$ and $t$ we conclude that

$$
\begin{equation*}
\operatorname{dist}_{0}(\gamma(t), \sigma) \geq t \sin \alpha \tag{5.13}
\end{equation*}
$$

Since $t^{2} S(p, 0)=\operatorname{dist}^{2}(p, \gamma(t)) S(p, 0) \rightarrow \infty$ we get by Corollary 5.2 .6 that

$$
\begin{equation*}
t^{2} S(\gamma(t), 0) \longrightarrow \infty \tag{5.14}
\end{equation*}
$$

For every $t \geq 0$ consider the rescaled pointed $\kappa$-solution

$$
\left(M_{t} \times(-\infty, 0],(\gamma(t), 0)\right)=\left(\lambda_{t}(M \times(-\infty, 0]),(\gamma(t), 0)\right) \quad \text { where } \quad \lambda_{t}=S^{1 / 2}(\gamma(t), 0)
$$

On $M_{t} \times(-\infty, 0]$ we have $S(\gamma(t), 0)=1$ and so from (5.14) we get that $\operatorname{dist}_{0}(p, \gamma(t))=$ $\lambda_{t} t \rightarrow \infty$. By Proposition 5.2.8, there is a subsequence $t_{k} \rightarrow \infty$ such that we have smooth convergence of the $\left(M_{t_{k}} \times(-\infty, 0],\left(\gamma\left(t_{k}\right), 0\right)\right)$ to a $\kappa$-solution $\left(M_{\infty} \times(-\infty, 0],\left(x_{\infty}, 0\right)\right)$. Since $\gamma\left(t_{k}\right) \rightarrow x_{\infty}$ and $\left.\gamma\right|_{\left[0,2 t_{k}\right]}$ are minimizing segments whose length on $M_{t_{k}} \times(-\infty, 0]$ diverges in $k$, the segments subconverge to a line $\gamma_{\infty} \subset M_{\infty}(0)$ and thus $M_{\infty} \times(-\infty, 0]=$ $(N \times \mathbb{R}) \times(-\infty, 0]$ where $N \times(-\infty, 0]$ is a 2 dimensional $\frac{1}{2} \kappa$-solution hence compact. Let $d:=\operatorname{diam}_{0} N$.

We have shown that for any $\varepsilon>0$ there are $\varepsilon$-isometries

$$
\Phi_{k}: N(0) \times(-2 d, 2 d) \longrightarrow \lambda_{t_{k}} M(0) \quad \text { with } \quad x_{\infty} \mapsto \gamma\left(t_{k}\right)
$$

for large $k$. Set $U_{k}:=\operatorname{Im} \Phi_{k}$. Using the simply connectedness of $M$ we get as in the proof of Corollary 5.1.9 that $U_{k}$ separates $M$ into two components such that $p$ and $\left.\gamma\right|_{\left(t_{k}+3 d \lambda_{k}, \infty\right)}$ lie in different components for large $k$ (if $\varepsilon$ is chosen small enough). Thus the component of $M \backslash U_{k}$ that does not contain $p$, is noncompact for large $k$.

Since $\operatorname{diam}_{0} U_{k} \leq \frac{6 d}{\lambda_{t_{k}}}=\frac{6 d}{t_{k} S^{1 / 2}\left(\gamma\left(t_{k}\right), 0\right)} t_{k}$, we conclude from (5.14) and (5.13) that for large $k$ the ray $\sigma$ does not hit $U_{k}$. Hence the component of $M \backslash U_{k}$ containing $p$ is also noncompact. So $M(0)$ has two ends and thus splits off an $\mathbb{R}$ factor. This implies that $M \times(-\infty, 0]=(N \times \mathbb{R}) \times(-\infty, 0]$ where $N \times(-\infty, 0]$ is a simply connected 2 dimensional $\frac{1}{2} \kappa$-solution. By Theorem 5.3.5, $N \times(-\infty, 0]$ is homothetic to the round shrinking $S^{2} \times(-\infty, 0]$.

### 5.4.2 $\varepsilon$-necks and $\varepsilon$-caps

As will become apparent later, an important property of $\kappa$-solutions is that they look locally either cylindrical with $S^{2}$ or $\mathbb{R} P^{2}$ as cross section or resemble a cap diffeomorphic to $\mathbb{B}^{3}$ or $\mathbb{R} P^{3} \backslash \bar{B}^{3}$. We will make this precise:

Definition 5.4.3 ( $\varepsilon$-neck). Let $\varepsilon>0,(M, g)$ be a Riemannian manifold and $U \subset M$ be an open subset. We call $U$ an $\varepsilon$-neck if there is a bijective $\varepsilon$-homothety $\Phi: S^{2} \times\left(-\frac{1}{\varepsilon}, \frac{1}{\varepsilon}\right) \rightarrow$ $U$, where $S^{2} \times\left(-\frac{1}{\varepsilon}, \frac{1}{\varepsilon}\right)$ denotes the corresponding subset of the standard round cylinder. Moreover, we call $x \in U$ a center of $U$ if $x \in \Phi\left(S^{2} \times\{0\}\right)$ for such $a \Phi$.

As for Ricci flows it will turn out to be useful to have control over the local geometry at earlier times as well.

Definition 5.4.4 (strong $\varepsilon$-neck). Let $\varepsilon>0, M \times I$ be a Ricci flow, $U \subset M$ an open subset and $J=\left[t_{1}, t_{2}\right] \subset I$ a closed subinterval. We say that $U \times J$ is a strong $\varepsilon$-neck if there is a scaling factor $\lambda>0$ such that after parabolically rescaling the flow on $U \times J$ by the factor $\lambda^{-1}$, the time interval $\lambda^{-2} J=\left[\lambda^{-2} t_{1}, \lambda^{-2} t_{2}\right]$ has length $\lambda^{-2}\left(t_{2}-t_{1}\right)=\varepsilon^{-2}$ and there is a (bijective) diffeomorphism $\Phi: S^{2} \times\left(-\frac{1}{\varepsilon}, \frac{1}{\varepsilon}\right) \rightarrow U$ that is an $\varepsilon$-isometry between the time $t$ metric of the standard round cylinder on $S^{2} \times\left(-\frac{1}{\varepsilon}, \frac{1}{\varepsilon}\right)$ and the time $t+\lambda^{-2} t_{2}$ metric on $\lambda^{-1}(M \times J)$ for all $t \in\left[-\varepsilon^{-2}, 0\right]$.
Moreover, we call $\left(x, t_{2}\right) \in U \times\left\{t_{2}\right\}$ a center of $U \times J$ if $x \in \Phi\left(S^{2} \times\{0\}\right)$ for such $a \Phi$.
Observe that this definition differs slightly from the definition given in [Per1] since we require $\lambda^{-2}\left(t_{2}-t_{1}\right)$ to be equal to $\varepsilon^{-2}$ rather than 1 . Choosing this convention will simplify the reasoning in subsection 6.1 and in the proof of Lemma 7.3.5.

Obviously, the final time slice of a strong $\varepsilon$-neck is an $\varepsilon$-neck. Particularly, every center of a strong $\varepsilon$-neck is also the center of an $\varepsilon$-neck. If $U$ is an $\varepsilon$-neck and $\varepsilon^{\prime}>\varepsilon$ then there is an open subset $U^{\prime} \subset U$ that is an $\varepsilon^{\prime}$-neck. Moreover, for any center $x \in U$ we can choose
$U^{\prime}$ such that $x$ is still a center of $U^{\prime}$. Analogous statements hold true for strong $\varepsilon$-necks. If $U \subset M$ is an $\varepsilon$-neck and $\lambda$ the scaling factor of one of the $\varepsilon$-homotheties $\Phi$ in Definition 5.4.3, then we can estimate the scalar curvature $S$ on $U$ by $\frac{1}{\mu(\varepsilon)} \lambda^{-2}<S<\mu(\varepsilon) \lambda^{-2}$ if $\varepsilon$ is small enough (e.g. smaller than $\frac{1}{2}$ ). The constant $\mu$ depends only on $\varepsilon$ and $\mu \rightarrow 1$ for $\varepsilon \rightarrow 0$. Again, we have analogous statements for strong $\varepsilon$-necks.

Let $U \subset M$ and $\Phi: S^{2} \times(A, B) \rightarrow U$ be a (bijective) diffeomorphism. We call an embedding $\iota: S^{2} \rightarrow U$ parallel to $\Phi$ if the map $\mathrm{pr}_{1} \circ \Phi^{-1} \circ \iota: S^{2} \rightarrow S^{2}$ is a diffeomorphism (here $\operatorname{pr}_{1}: S^{2} \times\left(-\frac{1}{\varepsilon}, \frac{1}{\varepsilon}\right) \rightarrow S^{2}$ denotes the projection onto the first factor). If $U \subset M$ is an $\varepsilon$-neck, we call $\iota$ parallel to the neck $U$ if it is parallel to every $\Phi: S^{2} \times\left(-\frac{1}{\varepsilon}, \frac{1}{\varepsilon}\right) \rightarrow U$ from Definition 5.4.3.

Now consider two maps $\Phi_{1 / 2}: S^{2} \times(-A, A) \rightarrow U_{1 / 2}$ and assume that the image of the central cross-section $\Phi_{1}\left(S^{2} \times\{0\}\right)$ lies in $\Phi_{2}\left(S^{2} \times(0, A)\right)$ resp. $\Phi_{2}\left(S^{2} \times(-A, 0)\right)$ and is parallel to $\Phi_{2}$. Then it is easy to see that we can glue the maps $\Phi_{1}$ and $\Phi_{2}$ together to get a surjective local diffeomorphism $\Phi_{3}: S^{2} \times(B, C) \rightarrow U_{1} \cup U_{2}$ that coincides at its ends with $\left.\Phi_{1}\right|_{S^{2} \times(-A, 0)}$ or $\left.\Phi_{1}\right|_{S^{2} \times(0, A)}$ as well as $\left.\Phi_{2}\right|_{S^{2} \times(-A, 0)}$ or $\left.\Phi_{2}\right|_{S^{2} \times(0, A)}$ up to translations on $S^{2} \times \mathbb{R}$.

We will see that in the case in which $U_{1}$ and $U_{2}$ are $\varepsilon$-necks, the parallelity is already implied if $\varepsilon$ is small enough. For this we will introduce a constant $\varepsilon_{0}$ that we will decrease in the course of the exposition to allow conclusions involving $\varepsilon$-necks. Observe that $\varepsilon_{0}$ is independent of any other constant introduced subsequently.

Lemma 5.4.5. There is an $\varepsilon_{0}>0$ such that for $\varepsilon_{1}, \varepsilon_{2}<\varepsilon_{0}$ the following holds:
If $U_{1}, U_{2} \subset M$ are two $\varepsilon_{1}$-resp. $\varepsilon_{2}$-necks in a Riemannian manifold $(M, g)$, then for any bijective $\varepsilon_{1}$-homothety $\Phi_{1}: S^{2} \times\left(-\frac{1}{\varepsilon_{1}}, \frac{1}{\varepsilon_{1}}\right) \rightarrow U_{1}$ the cross-sections $\Phi_{1}\left(S^{2} \times\{a\}\right)$ that lie in $U_{2}$ are parallel to the $\varepsilon_{2}-$ neck $U_{2}$.

Proof. Let $\Phi_{2}: S^{2} \times\left(-\frac{1}{\varepsilon_{2}}, \frac{1}{\varepsilon_{2}}\right) \rightarrow U_{2}$ be a bijective $\varepsilon_{2}$-homothety and $a \in\left(-\frac{1}{\varepsilon_{1}}, \frac{1}{\varepsilon_{1}}\right)$ such that $\Sigma:=\Phi_{1}\left(S^{2} \times\{a\}\right) \subset U_{2}$. Consider the corresponding embedding $\iota=\left.\Phi\right|_{S^{2} \times\{a\}}$.

Let $X_{1}$ resp. $X_{2}$ be unit vector fields on $S^{2} \times\left(-\frac{1}{\varepsilon_{1}}, \frac{1}{\varepsilon_{1}}\right)$ resp. $S^{2} \times\left(-\frac{1}{\varepsilon_{2}}, \frac{1}{\varepsilon_{2}}\right)$ in the direction of the second factor. If $\varepsilon_{0}$ is sufficiently small, we can apply the following reasoning: For any $x \in \Sigma$ the vectors $\left(\left(\Phi_{1}\right)_{*} X_{1}\right)_{x}$ and $\left(\left(\Phi_{2}\right)_{*} X_{2}\right)_{x}$ are close enough to the eigenspaces of Ric corresponding to the smallest eigenvalue that we may assume $\varangle\left(\left(\left(\Phi_{1}\right)_{*} X_{1}\right)_{x},\left(\left(\Phi_{2}\right)_{*} X_{2}\right)_{x}\right)<\frac{\pi}{3}$ if we choose the orientations of $X_{1}$ and $X_{2}$ appropriately. Moreover, we may assume that $\varangle\left(\left(\Phi_{1}\right)_{*} X_{1}, T \Sigma\right), \varangle\left(\left(\Phi_{2}\right)_{*} X_{2}, T \Sigma\right)<\frac{\pi}{3}$ along $\Sigma$. So $\Phi_{2}^{-1} \Sigma$ is transversal to $X_{2}$ and we conclude that $\Phi_{2}^{-1} \circ \iota$ is a local diffeomorphism hence a diffeomorphism.

Eventually, we explain what we mean by a cap. We will not need the "strong" version here. Note that the main point in the following definition is that the part whose geometry is not controlled by $\varepsilon$-isometries can be geometrically bounded.

Definition 5.4.6 ( $(\varepsilon, E)$-cap). Let $\varepsilon>0, E<\infty$ and $(M, g)$ be a Riemannian manifold. Consider an open set $U \subset M$ and suppose that $\operatorname{diam}^{2} U S(x)<E^{2}$ for any $x \in U$ and $\frac{1}{E^{2}} S(x) \leq S(y) \leq E^{2} S(x)$ for any $x, y \in U$. Furthermore, assume that $U$ is either diffeomorphic to $\mathbb{B}^{3}$ or $\mathbb{R} P^{3} \backslash \overline{\mathbb{B}}^{3}$ and that there is a compact set $K \subset U$ such that $U \backslash K$ is a $\varepsilon$-neck. Then $U$ is called an $(\varepsilon, E)$-cap or if we don't want to be so precise, an $\varepsilon$-cap. If $x \in K$ for such a $K$, then we say that $x$ is a center of $U$.

Observe that every center of an $(\varepsilon, E)$-cap is also the center of an $\left(\varepsilon^{\prime}, E^{\prime}\right)$-cap if $\varepsilon^{\prime} \geq \varepsilon$ and $E^{\prime} \geq E$.

We will now use the results obtained so far to prove the following Proposition:
Proposition 5.4.7. There is an $\varepsilon_{0}>0$ such that for $\varepsilon<\varepsilon_{0}$ the following holds: Let $(M, g)$ be a Riemannian manifold and $W \subset M$ such that any point $w \in W$ is the center
of an $\varepsilon$-neck or an $\varepsilon$-cap. Then $W$ is covered by disjoint connected open sets $N_{k} \subset M$ diffeomorphic to

$$
S^{2} \times \mathbb{R}, \quad \mathbb{B}^{3}, \quad \mathbb{R} P^{3} \backslash \overline{\mathbb{B}}^{3}, S^{3}, S^{2} \times S^{1}, S^{2} \widetilde{\times} S^{1}, \quad \mathbb{R} P^{3} \text { or } \mathbb{R} P^{3} \# \mathbb{R} P^{3}
$$

Moreover, the $N_{k}$ are covered by the given $\varepsilon$-necks and -caps.
If every point $w \in W$ is the center of an $\varepsilon$-neck, then the $N_{k}$ are diffeomorphic to $S^{2} \times \mathbb{R}, S^{2} \times S^{1}$ or $S^{2} \widetilde{\times} S^{1}$.

Proof. Let $W^{\prime}$ be the set of all centers of $\varepsilon$-necks in $W$ plus the centers of the $\varepsilon$-necks corresponding to the given $\varepsilon$-caps. Consider a collection $\mathcal{N}$ of pairs $(U, w)$ of $\varepsilon$-necks $U \subset M$ and their centers $w$, such that for every $w \in W^{\prime}$ there is a $U \subset M$ with $(U, w) \in \mathcal{N}$.

Let $\left(U_{0}, w_{0}\right),\left(U_{1}, w_{1}\right) \in \mathcal{N}$ and assume that $\frac{1}{10 \varepsilon}<\operatorname{dist}\left(w_{0}, w_{1}\right)<\frac{1}{2 \varepsilon}$. Choose $\Phi_{0 / 1}$ : $\left(-\frac{1}{\varepsilon}, \frac{1}{\varepsilon}\right) \rightarrow U_{0 / 1}$ as in Definition 5.4.3. For $\varepsilon_{0}$ sufficiently small this implies that the crosssection $\Sigma:=\Phi_{1}\left(S^{2} \times\{0\}\right)$ of $U_{1}$ lies in $U_{0}$. Since we have a lower bound on the distance between the points $w_{0}$ and $w_{1}$, we may assume (for small enough $\varepsilon_{0}$ ) that $\Sigma$ is contained in $\Phi_{1}\left(S^{2} \times\left(0, \frac{1}{\varepsilon}\right)\right.$ ) (possibly after flipping $\Phi_{1}$ on its $\left(-\frac{1}{\varepsilon}, \frac{1}{\varepsilon}\right)$ factor). Thus by Lemma 5.4.5 and the preceding discussion we can glue the maps $\Phi_{0}$ and $\Phi_{1}$ together to obtain a local diffeomorphism $\Psi: S^{2} \times(A, B) \rightarrow M$ that coincides at one end with $\left.\Phi_{0}\right|_{S^{2} \times\left(-\frac{1}{\varepsilon}, 0\right)}$ and at the other with $\left.\Phi_{1}\right|_{S^{2} \times\left(0, \frac{1}{\varepsilon}\right)}$ (if we choose the right orientation for $\Phi_{1}$ ) up to translations on $S^{2} \times \mathbb{R}$.

Assume that there is an element $\left(U_{2}, w_{2}\right) \in \mathcal{N}$ with $\frac{1}{10 \varepsilon}<\operatorname{dist}\left(w_{1}, w_{2}\right)<\frac{1}{2 \varepsilon}$ and $w_{2} \in$ $\Phi_{1}\left(S^{2} \times\left(0, \frac{1}{\varepsilon}\right)\right)$. Choose a corresponding $\Phi_{2}:\left(-\frac{1}{\varepsilon}, \frac{1}{\varepsilon}\right) \rightarrow U_{2}$. Analogous to the discussion in the preceding paragraph we may assume that $\Sigma^{\prime}:=\Phi_{2}\left(S^{2} \times\{0\}\right) \subset \Phi_{1}\left(S^{2} \times\left(0, \frac{1}{\varepsilon}\right)\right)$. Repeat the preceding argument with $\Phi_{0}$ resp. $\Phi_{1}$ replaced by $\Phi_{1}$ resp. $\Phi_{2}$. Since $\Psi$ coincides with $\left.\Phi_{1}\right|_{S^{2} \times\left(0, \frac{1}{\varepsilon}\right)}$ at one end (up to a translation on $S^{2} \times \mathbb{R}$ ), we can glue $\Psi$ and $\Phi_{2}$ together to produce a local diffeomorphism $\Psi^{\prime}:\left(A^{\prime}, B^{\prime}\right) \rightarrow U_{0} \cup U_{1} \cup U_{2}$ that coincides at its ends with $\left.\Phi_{0}\right|_{S^{2} \times\left(-\frac{1}{\varepsilon}, 0\right)}$ and $\left.\Phi_{2}\right|_{S^{2} \times\left(0, \frac{1}{\varepsilon}\right)}$ (if $\Phi_{2}$ has the appropriate orientation) up to translations on $S^{2} \times \mathbb{R}$.

We can repeat this process as long as we find $\left(U_{i}, w_{i}\right) \in \mathcal{N}$ for $i \rightarrow \infty$ with the claimed properties and successively extend $\Psi$ at one end. If the process stops, we decrease the width of the last $\varepsilon$-neck such that the corresponding end is contained in a ball of radius $\frac{1}{5 \varepsilon}$ around the last $w_{i}$. Points of $W^{\prime}$ that have lain in the image of $\Psi$ will then still be covered. We proceed in an analogous way to extend $\Psi$ at the other end.

We have constructed a local diffeomorphism $\Psi: S^{2} \times(A, B) \rightarrow N$ that may still have self intersections. But since the ends of $\Psi$ (if they exist) are covered by balls of radius $\frac{1}{5 \varepsilon}$ around some points $w_{-i_{1}}$ and $w_{i_{2}} \in W$, we can make sure by analogous cutting and glueing arguments that in this case the image of $\Psi$ is diffeomorphic to $S^{2} \times S^{1}$ or $S^{2} \widetilde{\times} S^{1}$. Set $N^{\prime}:=\operatorname{Im} \Psi$.

We can apply the glueing process described so far for any starting point $w_{0} \in W^{\prime}$. This way we produce a collection of sets $N^{\prime}$ each of diffeomorphism type $S^{2} \times \mathbb{R}, S^{2} \times S^{1}$ or $S^{2} \widetilde{\times} S^{1}$ that cover $W^{\prime}$. By the way we choped off ends, we can ensure that for any two such $N_{1}^{\prime}, N_{2}^{\prime}$ either $N_{1}^{\prime} \cap W^{\prime}=N_{2}^{\prime} \cap W^{\prime}$ or $N_{1}^{\prime} \cap N_{2}^{\prime}=\emptyset$. Hence we can choose a sequence $N_{k}^{\prime}$ of disjoint subsets that still cover $W^{\prime}$. Consider the points in $W \backslash W^{\prime}$. These are centers of $\varepsilon$-caps whose corresponding $\varepsilon$-necks have centers that lie in $\bigcup_{k} N_{k}^{\prime}$. It is easy to see that we can now glue any $\varepsilon$-cap into a corresponding $N_{k}^{\prime}$ and hereby produce $N_{k}$ of the claimed diffeomorphism types.

A useful property of $\varepsilon$-necks $U \subset M$ is that there are geodesics (or hinges of large angles) that cross $U$. This makes them distinguishable from $\varepsilon$-caps, a fact that will prove to be useful for us lateron.

Lemma 5.4.8. There is an $\varepsilon_{0}>0$ and an $\alpha>0$ such that for $\varepsilon<\varepsilon_{0}$ the following holds: Let $(M, g)$ be a Riemannian manifold and $x \in M$ center of an $\varepsilon$-cap $U$. Then there is no minimizing geodesic segment $\gamma$ passing through $x$ whose endpoints lie outside of $U$. If $M$ is complete and has nonnegative sectional curvature, then for any two points $y_{1}, y_{2}$ outside of $U$ we have $\widetilde{\varangle} y_{1} x y_{2}<\pi-\alpha$.

Proof. The first part is obvious. For the second part connect $x$ and $y_{1}, y_{2}$ by minimizing geodesics $\gamma_{1}$ resp. $\gamma_{2}$ and choose $y_{1 / 2}^{\prime} \in \gamma_{1 / 2} \cap \partial U$. By Toponogov's Theorem 1.3.1 we conclude that $\widetilde{\varangle} y_{1} x y_{2} \leq \widetilde{\varangle} y_{1}^{\prime} x y_{2}^{\prime}$. Let $U^{\prime} \subset U$ be an $\varepsilon$-neck as in the Definition 5.4 .6 of $\varepsilon$-caps and $\lambda$ its scaling factor. Then (for small enough $\varepsilon_{0}$ ) we have $\operatorname{dist}\left(y_{1}^{\prime}, y_{2}^{\prime}\right)<3 \pi \lambda$ and $\operatorname{dist}\left(x, y_{1}^{\prime}\right), \operatorname{dist}\left(x, y_{2}^{\prime}\right)>\frac{1}{\varepsilon} \lambda$ since $x$ lies outside $U^{\prime}$. This gives us an upper bound for $\widetilde{\varangle} y_{1}^{\prime} x y_{2}^{\prime}$.

### 5.4.3 The geometry of 3 dimensional $\kappa$-solutions

We will now give the final classification result on 3 dimensional $\kappa$-solutions. Since the only non-orientable $\kappa$-solution is homothetic to the round shrinking $\left(\mathbb{R} P^{2} \times \mathbb{R}\right) \times(-\infty, 0]$, we will restrict ourselves from now on to orientable $\kappa$-solutions. For an $\varepsilon>0$ and a $\kappa$-solution $M \times(-\infty, 0]$ define $M_{\varepsilon} \subset M$ to be the set of points in $M(0)$ that are centers of strong $\varepsilon$-necks.

Lemma 5.4.9. For any angle $\varphi \in(0, \pi]$ and any $\varepsilon>0$ there is a $C_{\kappa}(\varphi, \varepsilon)$ such that the following holds:
If $M \times(-\infty, 0]$ is an orientable 3 dimensional $\kappa$-solution and $p, q, q^{\prime} \in M$ are points such that

$$
\widetilde{\varangle} q p q^{\prime} \geq \varphi \quad \text { and } \quad \operatorname{dist}_{0}^{2}(p, q) S(p, 0), \quad \operatorname{dist}_{0}^{2}\left(p, q^{\prime}\right) S(p, 0) \geq C,
$$

then $p \in M_{\varepsilon}$.
Proof. The assumptions of the lemma are scale invariant, so we can assume that $S(p, 0)=$ 1. Fix some $\varphi, \varepsilon, \kappa>0$ and assume that there is no such $C$. Let $M_{k} \times(-\infty, 0]$ and $p_{k}, q_{k}, q_{k}^{\prime} \in M_{k}$ be sequences of counterexamples satisfying $S\left(p_{k}, 0\right)=1, \widetilde{\varangle} q_{k} p_{k} q_{k}^{\prime} \geq \varphi$ and $\operatorname{dist}_{0}\left(p_{k}, q_{k}\right), \operatorname{dist}_{0}\left(p_{k}, q_{k}^{\prime}\right) \rightarrow \infty$ but not $p_{k} \in\left(M_{k}\right)_{\varepsilon}$. Connect the $p_{k}$ with the $q_{k}$ resp. $q_{k}^{\prime}$ by time 0 minimizing geodesics $\gamma_{k}$ resp. $\gamma_{k}^{\prime}$ parameterized by arclength. From Toponogov's Theorem 1.3.1 we get that

$$
\begin{equation*}
\widetilde{\varangle} \gamma_{k}(s) p_{k} \gamma_{k}^{\prime}\left(s^{\prime}\right) \geq \varphi \quad \text { for any } s, s^{\prime}>0 \tag{5.15}
\end{equation*}
$$

By Proposition 5.2.8 a subsequence of the $\left(M_{k} \times(-\infty, 0],\left(p_{k}, 0\right)\right)$ converges to an orientable $\kappa$-solution $\left(M_{\infty} \times(-\infty, 0],\left(p_{\infty}, 0\right)\right)$. Moreover, the geodesics $\gamma_{k}$ resp. $\gamma_{k}^{\prime}$ subconverge to rays $\gamma_{\infty}$ resp. $\gamma_{\infty}^{\prime}$. By (5.15) for any $s, s^{\prime}>0$ we have $\widetilde{\varangle} \gamma_{\infty}(s) p \gamma_{\infty}^{\prime}\left(s^{\prime}\right) \geq \varphi$. So the asymptotic cone of $M_{\infty} \times(-\infty, 0$ ] consists of more than just one ray and by Proposition 5.4.2 the $\kappa$-solution $M_{\infty} \times(-\infty, 0]$ has to be isometric to the round shrinking cylinder $\left(S^{2} \times \mathbb{R}\right) \times(-\infty, 0]$. This gives the desired contradiction.

Lemma 5.4.10. For any $\varepsilon>0$ there is an $\alpha_{\kappa}(\varepsilon)<\infty$ such that the following holds:
Let $M \times(-\infty, 0]$ be an orientable 3 dimensional $\kappa$-solution and $x, y \in M \backslash M_{\varepsilon}$ such that $\operatorname{dist}^{2}(x, y) S(x, 0) \geq \alpha$. Let $z \in M$. Then
(i) $\operatorname{dist}_{0}^{2}(x, z) S(x, 0)<\alpha$ or
(ii) $\operatorname{dist}_{0}^{2}(y, z) S(y, 0)<\alpha$ or
(iii) $\operatorname{dist}_{0}(x, z), \operatorname{dist}_{0}(y, z)<\operatorname{dist}_{0}(x, y)$ and $z \in M_{\varepsilon}$.

As a consequence, $M$ is compact.
Observe that the assumptions and the hypothesis of the lemma are scale invariant and that there is a hidden symmetry when talking about the normalized distances (compare Corollary 5.2.6), e.g. the lemma stays true if we replace $\operatorname{dist}_{0}^{2}(x, y) S(x, 0)$ by $\operatorname{dist}_{0}^{2}(x, y) S(y, 0)$.

Proof. Set $\alpha_{\kappa}(\varepsilon):=\max \left(C_{2}\left(C_{\kappa}\left(\frac{\pi}{3}, \varepsilon\right), \kappa\right), C_{\kappa}\left(\frac{\pi}{3}, \varepsilon\right)\right)$ where we use $C_{2}$ from Corollary 5.2.6 and $C$ from Lemma 5.4.9. Assume that (i) and (ii) do not hold. Corollary 5.2.6 gives us

$$
\operatorname{dist}_{0}^{2}(x, z) S(z, 0), \operatorname{dist}_{0}^{2}(y, z) S(z, 0), \quad \operatorname{dist}_{0}^{2}(x, y) S(y, 0) \geq C_{\kappa}\left(\frac{\pi}{3}, \varepsilon, \kappa\right) .
$$

From Lemma 5.4.9 applied to $x$ and $\underset{\sim}{y}$ we conclude that $\widetilde{\varangle} y x z, \widetilde{\varangle} z y x<\frac{\pi}{3}$ and the first part of (iii) follows. So we must have $\widetilde{\varangle} y z x>\frac{\pi}{3}$ and Lemma 5.4 .9 applied to $z$ yields the second part of (iii).

Together with Proposition 5.4.7 this result implies that if we choose $\varepsilon_{0}$ small enough, then for $0<\varepsilon<\varepsilon_{0}$ and $\alpha=\alpha_{\kappa}(\varepsilon)$ any orientable $\kappa$-solution $M \times(-\infty, 0]$ falls in (at least) one of the following categories:
(A) $M_{\varepsilon}=M$, hence $M$ is diffeomorphic to either $S^{2} \times \mathbb{R}, S^{2} \times S^{1}$ or $S^{2} \widetilde{\times} S^{1}$. By Lemma 5.4.1 the latter two cases are impossible. So $M \times(-\infty, 0]$ is homothetic to the round shrinking cylinder $\left(S^{2} \times \mathbb{R}\right) \times(-\infty, 0]$.
(B) There is a point $x \in M \backslash M_{\varepsilon}$ and $M=M_{\varepsilon} \cup B$ where $B:=B_{\alpha S^{-1 / 2}(x, 0)}(x, 0)$. So $M \backslash B$ is covered by disjoint open sets $N_{k}$ diffeomorphic to $S^{2} \times \mathbb{R}$ which are covered by $\varepsilon$-necks themselves.
Assume that for some $k$ the set $N_{k}$ is bounded. Then $N_{k}$ has two boundary components which are both contained in $B$. Suppose first that there is an $\varepsilon$-neck $U \subset N_{k}$ that doesn't hit $B$. Since $B$ is connected, we can find a loop $b: S^{1} \rightarrow M$ that has intersection number 1 with a cross-section $\Sigma$ of $U$. So $[b] \in \pi_{1} M$ has infinite order and thus any lift of $\Sigma$ in the universal cover $\widetilde{M}$ separates $\widetilde{M}$ into two noncompact parts. We conclude that in this case $\widetilde{M}$ has two ends, so $\widetilde{M} \times(-\infty, 0]$ is homothetic to the round shrinking cylinder and by Lemma 5.4.1 $M \times(-\infty, 0]$ must homothetic to the round shrinking $\left(S^{2} \widetilde{\times} \mathbb{R}\right) \times(-\infty, 0]$, contradicting the boundedness of $N_{k}$.
On the other hand, if every $\varepsilon$-neck $U \subset N_{k}$ intersects $B$, we deduce that for any $y \in N_{k}$ there is some $y^{\prime} \in B$ such that $y$ and $y^{\prime}$ lie in a common $\varepsilon$-neck. Hence by Corollary 5.2 .5 we get $\operatorname{dist}_{0}\left(y, y^{\prime}\right)<\frac{3}{\varepsilon} S^{-1 / 2}\left(y^{\prime}, 0\right)<\frac{3}{\varepsilon} C_{\kappa, 3}^{1 / 2}(\alpha) S^{-1 / 2}(x, 0)$ for $\varepsilon_{0}$ small enough. We conclude that $N_{k}$ is contained in a ball $B^{\prime}$ of radius $C^{\prime} S^{-1 / 2}(x, 0):=$ $\left(\alpha+\frac{3}{\varepsilon} C_{\kappa, 3}^{1 / 2}(\alpha)\right) S^{-1 / 2}(x, 0)$ around $x$.
Thus, the $N_{k}$ which are not contained in $B^{\prime}$ are unbounded. It is easy to see that there is not more than one such $N_{k}$ since otherwise $M$ would have two ends and $M \times(-\infty, 0]$ must be homothetic to round cylindrical flow. Analogously, such an $N_{k}$ cannot be unbounded in both directions.
Suppose first that $M \neq B^{\prime}$, so there is exactly one unbounded $N_{k}$. By lifting $N_{k}$ to the universal cover, we get that if $\pi_{1} M \neq 1$, the $\kappa$-solution $M \times(-\infty, 0]$ must be homothetic to the round $\left(S^{2} \widetilde{\times} \mathbb{R}\right) \times(-\infty, 0]$. If, however, $\pi_{1} M=1$, then $M$ can only be diffeomorphic to $\mathbb{R}^{3}$ and by Alexander's Theorem (see [Hat, Ch 1]) the cross-sections of $N_{k}$ bound 3-balls containing $x$.
Finally, if $M=B^{\prime}$, we have $\operatorname{diam}_{0} M<2 C^{\prime} S^{-1 / 2}(x, 0)$. Observe that Corollary 5.2.5 implies for any $x^{\prime} \in M$ that $S\left(x^{\prime}, 0\right)>C_{\kappa, 3}^{-1} S(x, 0)$. So for

$$
C^{\prime \prime}:=2 C_{\kappa, 3}^{1 / 2}\left(C^{\prime}\right) C^{\prime}
$$

we get $\operatorname{diam}_{0} M<C^{\prime \prime} S^{1 / 2}\left(x^{\prime}, 0\right)$.
(C) There are two points $x_{1}, x_{2} \in M \backslash M_{\varepsilon}$ such that $M=M_{\varepsilon} \cup B_{1} \cup B_{2}$ with $B_{1 / 2}:=$ $B_{\alpha S^{-1 / 2}\left(x_{1 / 2}, 0\right)}\left(x_{1 / 2}, 0\right)$ and $M$ is compact. So $M$ is a spherical space form.

Set $B_{1 / 2}^{\prime}:=B_{C^{\prime} S^{-1 / 2}\left(x_{1 / 2}, 0\right)}\left(x_{1 / 2}, 0\right)$ where we use the constant $C^{\prime}$ from (B). Assume for the moment without loss of generality that $S\left(x_{1}, 0\right) \leq S\left(x_{2}, 0\right)$. If $B_{1}^{\prime}$ and $B_{2}^{\prime}$ intersect, we conclude using Lemma 5.4.10 that $\operatorname{diam}_{0} M \leq 3 C^{\prime} S^{-1 / 2}\left(x_{1}, 0\right)$. So, analogously to the last paragraph, for

$$
C^{\prime \prime \prime}:=3 C_{\kappa, 3}^{1 / 2}\left(3 C^{\prime}\right) C^{\prime}
$$

we have $\operatorname{diam}_{0} M<C^{\prime \prime \prime} S^{-1 / 2}\left(x^{\prime}, 0\right)$ for any $x^{\prime} \in M$. Assume from now on $B_{1}^{\prime}$ and $B_{2}^{\prime}$ to be disjoint.
By Proposition 5.4.7 the manifold $M(0)$ is covered by $B_{1}, B_{2}$ and disjoint open sets $N_{k} \subset M$ diffeomorphic to $S^{2} \times \mathbb{R}$ which are covered by $\varepsilon$-necks themselves. Analogously to the case ( B ) we conclude that either the two boundary components of every $N_{k}$ lie in one of the $B_{1}$ resp. $B_{2}$ each or $N_{k}$ is contained in $B_{1}^{\prime} \cup B_{2}^{\prime}$.
Suppose that $N_{k_{1}}, N_{k_{2}}$ have the property that their boundary components lie in $B_{1}$ resp. $B_{2}$ each. Then as in case (B), there is a loop $b: S^{1} \rightarrow M$ that has intersection number 1 with a cross-section $\Sigma$ of $N_{k_{1}}$ or $N_{k_{2}}$ and the universal covering flow is homothetic to round cylindrical flow contradicting the compactness of $M$.
So $M$ is covered by $B_{1}^{\prime}, B_{2}^{\prime}$ and exactly one open set $N \subset M$ diffeomorphic to $S^{2} \times \mathbb{R}$. Let $\Sigma \subset N$ be a cross-sectional 2 -spheres of $N$. The preimage of $\Sigma$ under the universal covering map $\pi: S^{3} \rightarrow M$ consists of disjoint copies of 2 -spheres. So one component of $\pi^{-1} \Sigma$ bounds a closed imedded ball that is disjoint from the other components (here we applied Alexander's Theorem). Since the group of covering transformations acts transitively on the components of $\pi^{-1} \Sigma$, this has to be true for all components. So $\Sigma \subset M$ also bounds an embedded ball $D \subset M$. Without loss of generality we may assume $x_{1} \in D$. Furthermore, after possibly enlarging $D$ we can assume $\Sigma \subset B_{2}^{\prime}$. Then obviously, $B_{1}^{\prime} \subset D$.
Note that if $M$ is diffeomorphic to $S^{3}$, every cross-section of $N$ bounds embedded balls on both sides and if $M$ is diffeomorphic to $\mathbb{R} P^{3}$, then $\Sigma$ bounds an embedded ball on one side and an embedded $\mathbb{R} P^{3} \backslash \mathbb{B}^{3}$ on the other side.
Assume now that $M$ is not diffeomorphic to $S^{3}$ or $\mathbb{R} P^{3}$, i.e. $M$ is a higher spherical space form. Then $\left|\pi_{1} M\right|>2$. Consider the points $\pi^{-1} x_{1} \subset \pi^{-1} D$. These points cannot be centers of strong $\varepsilon$-necks in $\mathcal{M}$ since such necks have to lie in $\pi^{-1} B_{1}^{\prime} \subset \pi^{-1} D$ and the lifts of $D$ are disjoint and project one-to-one to $D$ under the covering map. But this contradicts Lemma 5.4.10 applied to the covering flow $\widetilde{M} \times(-\infty, 0]$, since for any two $\widetilde{x}_{1}, \widetilde{x}_{1}^{\prime} \in \pi^{-1} x_{1}$ we have $\operatorname{dist}_{0}^{2}\left(\widetilde{x}_{1}, \widetilde{x}_{1}^{\prime}\right) S\left(\widetilde{x}_{1}, 0\right)>\alpha$. So in the case $B_{1}^{\prime} \cap B_{2}^{\prime}=\emptyset$ the manifold $M$ cannot be a higher spherical space form.

The preceding discussion implies:
Theorem 5.4.11. For any $\varepsilon>0$ there is an $E_{\kappa}(\varepsilon)$ such that for any orientable 3 dimensional $\kappa$-solution $M \times(-\infty, 0]$ and any $x \in M$ one of the following cases applies:
(a) $x$ is the center of a strong $\varepsilon$-neck
(b) $x$ is the center of an $(\varepsilon, E)$-cap,
(c) $M$ is a higher spherical space form
(d) $M \times(-\infty, 0]$ is homothetic to the round shrinking $\left(\mathbb{R} P^{2} \times \mathbb{R}\right) \times(-\infty, 0]$.

Moreover, whenever (c) applies, $\operatorname{diam}_{0} M<E S^{-1 / 2}(x, 0)$.

In case (c) we even have more:
Theorem 5.4.12. Let $M \times(-\infty, 0]$ be a compact 3 dimensional $\kappa$-solution that is not diffeomorphic to $S^{3}$ or $\mathbb{R} P^{3}$. Then $M \times(-\infty, 0]$ is homothetic to a quotient of the round shrinking $S^{3} \times(-\infty, 0]$.

Proof. For a compact 3 dimensional Riemannian manifold ( $N, g$ ) of positive Ricci curvature denote

$$
P(N):=\max \{c \in \mathbb{R}: \operatorname{Ric} \geq c S\} .
$$

Obviously, $P$ is scale-invariant and $0<P(N) \leq \frac{1}{3}$. Furthermore, $P(N)=\frac{1}{3}$ if and only if $N$ is homothetic to a quotient of the round sphere $S^{3}$. As we know from Corollary 2.5.8, the quantity $P$ is nondecreasing under the Ricci flow and if it is locally constant, $N$ is homothetic to a quotient of the round sphere $S^{3}$.

Now consider the collection $\mathcal{F}$ of all pointed compact $\kappa$-solutions $(M \times(-\infty, 0],(x, 0))$ with $S(x, 0)=1$ that are not diffeomorphic to $S^{3}$ or $\mathbb{R} P^{3}$. These solutions must be diffeomorphic to a spherical space form and by Theorem 5.4.11 we have $\operatorname{diam}_{0} M<$ $E S^{-1 / 2}(x, 0)$. We will apply an analogous reasoning as in the proof of Theorem 5.3.5: $\mathcal{F}$ is compact with respect to Gromov-Hausdorff limits and $F_{0}: \mathcal{F} \rightarrow \mathbb{R}$ is continuous. Furthermore, any $\kappa$-solution in $\mathcal{F}$ has positive Ricci curvature since it is not diffeomorphic to a metric quotient of $S^{2} \times \mathbb{R}$ or $\mathbb{R}^{3}$ (recall the discussion in section 1.4). So there is a $\kappa$-solution $(M \times(-\infty, 0],(x, 0)) \in \mathcal{F}$ for which $P_{0}$ attains its mininum. But since $P$ is nondecreasing under the Ricci flow, $P_{t}(M)$ has to be constant in time and thus $P(M) \equiv \frac{1}{3}$. This implies that $P_{0}=\frac{1}{3}$ on $\mathcal{F}$ and all elements of $\mathcal{F}$ are round.

### 5.4.4 A universal $\kappa_{0}$

In dimension 3 we even have the following
Theorem 5.4.13. There is a $\kappa_{0}>0$ such that any 3 dimensional $\kappa$-solution that is not diffeomorphic to a higher spherical space form, is in fact a $\kappa_{0}$-solution.

A proof can be found in [MT, Ch 9.5] or [KL, Proposition 49.1]. We will only give a short sketch of the proof since some non-basic analytical tools are needed to carry out the details:

Consider a 3 -dimensional $\kappa$-solution $M \times(-\infty, 0]$ not diffeomorphic to a higher spherical space form and choose a basepoint $\left(x_{0}, t_{0}\right)$. By the results of chapter 4 for any $\tau>0$ there is a point $q(\tau) \in M$ such that the $l$-distance between $\left(x_{0}, t_{0}\right)$ and $\left(q(\tau), t_{0}-\tau\right)$ does not exceed $\frac{3}{2}$. Now, we can show that there is a sequence $\tau_{k} \rightarrow \infty$ such that the pointed parabolically rescaled Ricci flows $\left(\tau_{k}^{-1 / 2}\left(M \times\left[t_{0}-2 \tau_{k}, t_{0}-\tau_{k}\right]\right),\left(x_{k}, t_{0}-\tau_{k}\right)\right)$ converge to a solution $\left(M_{\infty} \times[-2,-1],\left(x_{\infty},-1\right)\right)$ that is a non-flat gradient shrinking soliton with bounded curvature whose time slices are $\kappa$-noncollapsed. This soliton is called the asymptotic soliton. Note that this is the technically most demanding part of the proof.

By the results of [Ham1] or a similar argument as in the proof of Theorem 5.4 .12 we can conclude that if $M_{\infty} \times[-2,-1]$ is compact, it must be homothetic to the round $S^{3} \times$ $[-2,-1]$ or $\mathbb{R} P^{3} \times[-2,-1]$. If it is noncompact, we can show (see [KL, Lemma 50.1]) that $M_{\infty}(-1)$ cannot have positive sectional curvature everywhere. So there must be a point $y \in M_{\infty}$ and a plane $\pi \subset T_{y} M_{\infty}$ such that $K_{-1}(\pi)=0$ and using the strong maximum principle, it is possible to show that the universal covering solution $\widetilde{M}_{\infty} \times[-2,-1]$ splits as $(N \times \mathbb{R}) \times[-2,-1]$ where $N \times[-2,-1]$ is a 2 dimensional gradient shrinking soliton whose time slices are $\frac{1}{2} \kappa$-noncollapsed. By Theorem 5.3 .5 we can show that $N \times[-2,-1]$ is homothetic to the round $S^{2} \times[-2,-1]$. So $M_{\infty} \times[-2,-1]$ is homothetic to one of the following round solutions: $\left(S^{2} \times \mathbb{R}\right) \times[-2,-1],\left(S^{2} \widetilde{\times} \mathbb{R}\right) \times[-2,-1]$ or $\left(\mathbb{R} P^{2} \times \mathbb{R}\right) \times[-2,-1]$.

We conclude that there is a universal $\kappa_{0}^{\prime}>0$ such that $M_{\infty}(0)$ is always $\kappa_{0}^{\prime}$-noncollapsed. Now we can use the methods developed in the proof of the No Local Collapsing Theorem 4.2.4 to show that $M \times(-\infty, 0]$ is $\kappa_{0}$-noncollapsed in $\left(x_{0}, t_{0}\right)$ for a $\kappa_{0}$ that only depends on $\kappa_{0}^{\prime}$.

## Chapter 6

## Canonical neighborhoods

In this chapter we will geometrically characterize regions of large curvature in arbitrary 3 dimensional Ricci flows. We will show that these regions are geometrically close to $\kappa$ solutions and thus essentially strong necks or caps. Our aim is to prove the Canonical Neighborhood Theorem 6.3.2 on page 73 which is a deeper result than Theorem 5.0.1 in the sense that we can already characterize the local geometry if the scalar curvature $S(x, t)$ at some point $(x, t)$ is large enough compared to some universal parameters. Previously, we needed to make a very special choice for $(x, t)$ in order to do this. In chapter 7 we will use a somewhat generalized version of the Canonical Neighborhood Theorem to perform surgeries in an appropriate way.

### 6.1 Definitions

Fix $\kappa_{0}$ from Theorem 5.4.13 and accordingly choose $\eta=\eta_{\kappa_{0}, 3}$ from Corollary 5.2.9. In the following we will frequently express that the neighborhood of some points of large curvature carry a certain standardized approximate geometry on a local scale. For this we introduce the following phrase:

Definition 6.1.1 (Canonical neighborhood assumptions). Let $r, \varepsilon>0$ and $E<$ $\infty$. A point $(x, t)$ in a Ricci flow $M \times I$ is said to satisfy the canoncial neighborhood assumptions $\mathrm{CNA}(r, \varepsilon, E)$ if either $S(x, t) \leq \frac{1}{r^{2}}$ or
(A) $\left\|\nabla S^{-1 / 2}(x, t)\right\|<\frac{1}{2} \eta+\varepsilon$ and $\left|\partial_{t} S^{-1}(x, t)\right|<\left(\frac{1}{2} \eta+\varepsilon\right)^{2}$,
(B) $M(t)$ is $\left(\kappa_{0}-\varepsilon\right)$-noncollapsed in $x$ and
(C) $(x, t)$ is the center of a strong $\varepsilon$-neck or an $(\varepsilon, E)$-cap.

Observe that we have chosen the definition such that if $(x, t) \in M \times[0, T]$ satisfies the canonical neighborhood assumptions $\operatorname{CNA}(r, \varepsilon, E)$ then there is a neighborhood $U \subset$ $M \times I$ in spacetime around $(x, t)$ whose points are $\operatorname{CNA}\left(\frac{1}{2} r, 2 \varepsilon, 2 E\right)$ (if $\varepsilon$ is smaller than a certain universal constant what we will always assume in the course of this exposition). In addition, if $\left(x_{k}, t_{k}\right) \in M_{k} \times I_{k}$ is a sequence of points in a sequence of Ricci flows which converges to some Ricci flow $M_{\infty} \times I_{\infty}$ such that $\left(x_{k}, t_{k}\right) \rightarrow\left(x_{\infty}, t_{\infty}\right)$, then we can conclude: if all $\left(x_{k}, t_{k}\right)$ satisfy the canonical neighborhood assumptions $\mathrm{CNA}(r, \varepsilon, E)$, then $\left(x_{\infty}, t_{\infty}\right)$ is $\operatorname{CNA}\left(\frac{1}{2} r, 2 \varepsilon, 2 E\right)$. And vice versa: If $\left(x_{\infty}, t_{\infty}\right)$ satisfies the canonical neighborhood assumptions $\operatorname{CNA}(r, \varepsilon, E)$ then $\left(x_{k}, t_{k}\right)$ is $\mathrm{CNA}\left(\frac{1}{2} r, 2 \varepsilon, 2 E\right)$ for large $k$.

In order to control the extent to which negative sectional curvature can occur in a Ricci flow, we define (compare the Hamilton-Ivey pinching in section 2.9)

Definition 6.1.2. Let $M \times\left[T_{1}, T_{2}\right]$ be a Ricci flow, $(x, t) \in M \times\left[T_{1}, T_{2}\right]$ and $\varphi>0$. We say that the curvature at $(x, t) \in M \times\left[T_{1}, T_{2}\right]\left(t>-\varphi^{-1}\right)$ is $\varphi$-positive if there is an
$X>0$ such that the sectional curvature $K(x, t) \geq-X$ as well as

$$
S(x, t) \geq-\frac{3}{\varphi^{-1}+t} \quad \text { and } \quad S(x, t) \geq X\left(\log X+\log \left(\varphi^{-1}+t\right)-3\right)
$$

We say that a Riemannian manifold $M$ has $\varphi$-positive curvature at time $t$ if $M \times\{t\}$ has $\varphi$-positive curvature. In the case $t=0$ we simply say that $M$ has $\varphi$-positive curvature.

Note that if the curvature at $(x, t)$ is $\varphi$-positive and if $\varphi^{\prime}>\varphi$, then it is also $\varphi^{\prime}$ positive. Furthermore, if the curvature at $(x, t)$ is $\varphi$-positive for all $\varphi>0$, then the sectional curvature at $(x, t)$ is nonnegative. This fact implies that a limit of Ricci flows with $\varphi_{k}$-positive curvature has nonnegative sectional curvature if $\varphi_{k} \rightarrow 0$.

It is important to note that the property above depends on the time $t$. If the curvature in $(x, t) \in M \times\left[T_{1}, T_{2}\right]$ is $\varphi$-positive, then the curvature of $\left(x, t-t_{0}\right)$ in the shifted Ricci flow $M \times\left[T_{1}-t_{0}, T_{2}-t_{0}\right]$ is $\left(\varphi^{-1}+t_{0}\right)^{-1}$-positive. In addition, if we parabolically rescale $M \times\left[T_{1}, T_{2}\right]$ by the factor $\lambda$ to get $\lambda\left(M \times\left[T_{1}, T_{2}\right]\right)=M^{\prime} \times\left[\lambda^{2} T_{1}, \lambda^{2} T_{2}\right]$, the curvature at the corresponding point $\left(x^{\prime}, \lambda^{2} t\right)$ is $\lambda^{-2} \varphi$-positive.

From the Hamilton-Ivey pinching (Theorem 2.9.1) we get that if $M$ is compact and the curvature is $\varphi$-positive at time $T_{1}$, then this property is preserved by the Ricci flow, i.e. the curvature is $\varphi$-positive on all time slices.

Only in this chapter we want to broaden the definition of strong $\varepsilon$-necks since we will later have to deal with conventional Ricci flows that arise as time pieces of Ricci flows with surgery: Let $M \times I$ be a Ricci flow, $U \subset M$ and $J=\left[t_{1}, t_{2}\right] \subset \mathbb{R}$ a time interval so that $t_{2} \in I$. We will say that $U \times J$ is a strong $\varepsilon$-neck if there is a Ricci flow on $U \times J$ that coincides with the Ricci flow on $M \times I$ on $U \times J \cap M \times I$ which is a a strong $\varepsilon$ neck. Note that for $I=\{t\}$ we have defined strong $\varepsilon$-necks for Riemannian manifolds. By the local Shi estimates (see Theorem 2.6.2) we immediately get bounds for the curvature derivatives $\nabla^{l} R$ on $U \times J$ (note that these bounds deteriorate towards the boundary resp. the first time slice). We say that $U \times J$ is a strong $\varepsilon$-neck with nonnegative sectional curvature if we can choose the Ricci flow on $U \times J$ such that the sectional curvature is nonnegative. Analogously we define strong $\varepsilon$-necks with $\varphi$-positive curvature. We also adapt the definition of the canonical neighborhood assumptions in this way.

Consider Ricci flows $M_{k} \times I_{k}$ that smoothly converge to a limit flow $M_{\infty} \times I_{\infty}$ and let $\left(x_{k}, t_{k}\right) \in M_{k} \times I_{k}$ be a sequence that converges to $\left(x_{\infty}, t_{\infty}\right) \in M_{\infty} \times I_{\infty}$ with $S\left(x_{\infty}, t_{\infty}\right)>0$. Assume that the $\left(x_{k}, t_{k}\right)$ are centers of strong $\varepsilon$-necks in the sense above. We want to make clear that then $\left(x_{\infty}, t_{\infty}\right)$ is the center of a strong $2 \varepsilon$-neck if $\varepsilon$ is smaller than some universal constant. This fact is certainly true if we use the conventional definition of strong $2 \varepsilon$-necks. Denote by $U_{k} \times\left[t_{k}-\tau_{k}, t_{k}\right]$ strong $\varepsilon$-necks with center $\left(x_{k}, t_{k}\right)$. For small $\varepsilon$ we have $B_{k}:=B_{0.9 \varepsilon^{-1} S^{-1 / 2}\left(x_{k}, t_{k}\right)}\left(x_{k}, t_{k}\right) \subset U_{k}$ for all $k$. From the uniform estimates on the curvature derivatives and the noncollapsedness we find that the sequence of pointed Ricci flows ( $B_{k} \times\left[t_{k}-\tau_{k}, t_{k}\right],\left(x_{k}, t_{k}\right)$ ) smoothly subconverges to some solution $\left(B_{\infty} \times\left[t_{\infty}-\tau_{\infty}, t_{\infty}\right],\left(x_{\infty}, t_{\infty}\right)\right)$ whose final time slice can be identified with the ball $B_{0.9 \varepsilon^{-1} S^{-1 / 2}\left(x_{\infty}, t_{\infty}\right)}\left(x_{\infty}, t_{\infty}\right) \subset M_{\infty}\left(t_{\infty}\right)$ and whose metric coincides with the metric of $M_{\infty} \times I_{\infty}$ on $B_{\infty} \times\left[t_{\infty}-\tau_{\infty}, t_{\infty}\right] \cap M_{\infty} \times I_{\infty}$ via this identification. Obviously, $B_{\infty} \times\left[t_{\infty}-\tau_{\infty}, t_{\infty}\right]$ contains a strong $2 \varepsilon$-neck $U_{\infty} \times\left[t_{\infty}-\tau^{\prime}, t_{\infty}\right]$ with center $\left(x_{\infty}, t_{\infty}\right)$.

It is easy to see that $U_{\infty} \times\left[t_{\infty}-\tau^{\prime}, t_{\infty}\right]$ has nonnegative sectional curvature if the $U_{k} \times\left[t_{k}-\tau_{k}, t_{k}\right]$ have $\varphi_{k}$-positive curvature with $\varphi_{k} \rightarrow 0$. In a similar way we can also show that if $M_{k}$ is a sequence of Riemannian manifold that Gromov-Hausdorff converges to some metric space $X_{\infty}$ and $x_{k} \rightarrow x_{\infty}$ are centers of strong $\varepsilon$-necks then the GromovHausdorff convergence is smooth in $x_{\infty}$ and $x_{\infty}$ is the center of a strong $2 \varepsilon$-neck.

### 6.2 Bounded curvature at bounded distances

Lemma 6.2.1. Let $\eta, r>0, M$ be a Riemannian manifold and $\sigma:[0, l] \rightarrow M$ a curve parameterized by arclength that connects two points $x, y \in M$. Assume that $\left\|\nabla S^{-1 / 2}(z)\right\| \leq$ $\eta$ at any point $z \in \sigma$ for which $S^{-1 / 2}(z)<r$ (we set $S^{-1 / 2}(z)=\infty$ if $S(z) \leq 0$ ).
Now if $S^{-1 / 2}(x)$ or $S^{-1 / 2}(y)<r-\eta l$, then $S^{-1 / 2}<r$ on $\sigma$ and $\left|S^{-1 / 2}(x)-S^{-1 / 2}(y)\right| \leq \eta l$.
Proof. The second assertion is obvious. For the first assume that $S^{-1 / 2}(x)<r-\eta l$. Let $s \in[0, l]$ be maximal with the property that $S^{-1 / 2}(\sigma(s)) \leq r$. Then $S^{-1 / 2}(\sigma(s))<$ $r-\eta(l-s)$. So we must have $s=l$ and the assertion follows.

Analogously we prove
Lemma 6.2.2. Let $\eta, r>0, M \times I$ be a Ricci flow, $x \in M$ and $\left[t_{1}, t_{2}\right] \subset I$. Assume that $\left|\partial_{t} S^{-1}(x, t)\right| \leq \eta^{2}$ at any time $t \in\left[t_{1}, t_{2}\right]$ for which $\left(S^{+}\right)^{-1}(x, t)<r^{2}$ (where $S^{+}:=$ $\max \{0, S\})$.
Now if $\left(S^{+}\right)^{-1}\left(x, t_{1}\right)$ or $\left(S^{+}\right)^{-1}\left(x, t_{2}\right)<r-\eta^{2} r^{2}$, then $\left(S^{+}\right)^{-1}(x, \cdot)<r$ on $\left[t_{1}, t_{2}\right]$ and $\left|\left(S^{+}\right)^{-1}\left(x, t_{1}\right)-\left(S^{+}\right)^{-1}\left(x, t_{2}\right)\right|<\eta^{2} r^{2}$.

Lemma 6.2.3. There is an $\varepsilon_{0}>0$ such that for all $\varepsilon<\varepsilon_{0}$ the following holds:
Let $\kappa, \rho, r>0$ and $M$ be a 3 dimensional Riemannian manifold of nonnegative sectional curvature that is $\kappa$-noncollapsed on scales $<\rho$. Furthermore, let $\gamma:\left[0, s_{0}\right) \rightarrow M$ (where $s_{0} \in \mathbb{R}_{+} \cup\{\infty\}$ ) be a minimizing geodesic such that $S(\gamma(s))$ does not stay bounded for $s \rightarrow s_{0}$ and assume that all points on $\gamma$ are centers of strong $\varepsilon$-necks.
Then $s_{0}=\infty$.
Proof. Observe first that for $\varepsilon_{0}$ sufficiently small we may assume that $S>0$ and $\left\|\nabla S^{-1 / 2}\right\|<$ 1 on all $\varepsilon$-necks.

Assume that $s_{0}<\infty$. Integrating the estimate from the last paragraph, we conclude that $S^{-1 / 2}(\gamma(s)) \leq s_{0}-s$ for all $s \in\left[0, s_{0}\right)$ and thus $S(\gamma(s)) \rightarrow \infty$ for $s \rightarrow s_{0}$.

From Proposition 5.4 .7 we get that $\gamma$ lies inside some open set $N \subset M$ that can be diffeomorphically identified with $S^{2} \times(0,1)$ and which is covered by final time slices of strong $\varepsilon$-necks. In this identification we may assume that $\lim _{s \rightarrow s_{0}} \operatorname{pr}_{2} \circ \gamma(s)=1$. Consider the path metric induced by the Riemannian metric on $N$. Let $p:=\lim _{s \rightarrow s_{0}} \gamma(s) \in \bar{N}$ where $\bar{N}$ denotes the completion of $N$ and set $N^{\prime}:=N \cup\{p\}$. Since the widths of the $\varepsilon$-necks that cover $N$ approach 0 in the direction to $p$, any sequence $\left(x_{k}, s_{k}\right) \in S^{2} \times(0,1)=N$ with $s_{k} \rightarrow 1$ converges to $p$. This shows that for small $d_{0}$ the closed $d$-balls $\bar{B}_{d}(p) \subset N^{\prime}$ are complete for $d<d_{0}$.

Obviously, the metric on $N^{\prime}$ is still a length metric. Furthermore, observe that any curve $\sigma$ that connects two points $x, y \in N$ via $p$ has to pass a whole $\varepsilon$-neck. So for $\varepsilon_{0}$ sufficiently small, $\sigma$ can be replaced by a shorter curve joining $x$ and $y$. We conclude that for sufficiently small $d_{0}$ any two points $x, y \in B_{d_{0}}(p) \backslash\{p\}$ can be joined by a minimizing (Riemannian) geodesic in $N^{\prime}$ and any such geodesic doesn't hit $p$. Moreover, for any $x \in B_{d_{0}}(p)$ there is a minimizing geodesic between $x$ and $p$ in $N^{\prime}$ realized as the limit of minimizing geodesics between $x$ and $y$ for $y \rightarrow p$.

The preceding conclusion enables us to deduce the Bishop-Gromov Theorem 1.4.2 in the case Ric $\geq 0$ for concentric balls contained in $B_{d_{0}}(p)$ whose center is not $p$. So by the proof of Proposition 3.1.2, for any $d$ the $d$-balls $B_{d}^{\lambda N^{\prime}}(p)$ in the rescalings $\lambda N^{\prime}$ of $N^{\prime}$ are uniformly totally bounded for $\lambda \rightarrow \infty$.

From Toponogov's Theorem 1.3.1 and the remarks below it we find ${ }^{1}$ that for sufficiently small $d_{0}$ all quadruples of distinct points $x_{0}, x_{1}, x_{2}, x_{3} \in B_{d_{0}}(p) \backslash\{p\}$ satisfy the inequality

[^4]in (C). By continuity this inequality is also fulfilled for all quadruples of distinct points $x_{0}, x_{1}, x_{2}, x_{3} \in B_{d_{0}}(p)$. So $N^{\prime}$ is locally Alexandrov in $p$.

Proposition 3.5.1 gives us that we have Gromov-Hausdorff convergence

$$
\begin{equation*}
\left(\lambda N^{\prime}, p\right) \underset{\lambda \rightarrow \infty}{ }\left(C, p_{\infty}\right) \tag{6.1}
\end{equation*}
$$

where $\left(C, p_{\infty}\right)$ is the tangential cone of $N^{\prime}$ in $p$. We will show that this convergence is actually smooth on $C_{0}$.

We first deduce a lower estimate for $S$ on $B_{d_{0}}(p)$. Let $x \in B_{d_{0}}(p) \backslash\{p\}$ and $s>0$ small. By the inequality in the first paragraph we have $S^{-1 / 2}(x) \leq S^{-1 / 2}(\gamma(s))+\operatorname{dist}(x, \gamma(s))$. In the limit $s \rightarrow s_{0}$ this implies

$$
\begin{equation*}
S \geq \frac{1}{\operatorname{dist}^{2}(p, \cdot)} \quad \text { on } \quad B_{d_{0}}(p) \tag{6.2}
\end{equation*}
$$

Now we want to estimate $S$ from above. Choose a minimizing geodesic $\gamma^{\prime}:[0, l] \rightarrow$ $N \cup\{p\}$ with $\gamma^{\prime}(l)=p$ such that the comparison angle $\alpha:=\widetilde{\varangle} \gamma(0) p \gamma^{\prime}(0)>0$. Suppose that $d_{0}<l$. Let $z \in B_{d_{0}}(p) \backslash\{p\}$. We know that $z$ lies in some $\varepsilon$-neck $U \subset N$. Let $\lambda$ be the scaling factor of the corresponding $\varepsilon$-homothety. For sufficiently small $\varepsilon_{0}$ we can assume that $\frac{1}{2} \lambda^{-2}<S(z)<2 \lambda^{-2}$, that $\operatorname{diam} U<3 \varepsilon^{-1} \lambda$ and that the cross-sections of $U$ have width $<3 \pi \lambda$. The geodesics $\gamma$ and $\gamma^{\prime}$ intersect a cross-section $S$ of $U$ in some points $q:=\gamma(s)$ and $q^{\prime}:=\gamma^{\prime}\left(s^{\prime}\right)$. From property (B) of Definition 1.3.2 (the monotonicity of the comparison angle) applied to $\gamma$ and $\gamma^{\prime}$ we get $\widetilde{\alpha}:=\widetilde{\varangle} q^{\prime} p q \geq \alpha$. Consider the triangle $\triangle q p q^{\prime}$ and its Euclidean comparison triangle $\triangle \widetilde{q} \widetilde{p} \widetilde{q}^{\prime}$. Let $\widetilde{\gamma}$ be the line throught $\widetilde{p}$ and $\widetilde{q}$. Then $\operatorname{dist}(\widetilde{p}, \widetilde{q}) \sin \widetilde{\alpha}=\operatorname{dist}\left(\widetilde{q}^{\prime}, \widetilde{\gamma}\right) \leq \operatorname{dist}\left(\widetilde{q}^{\prime}, \widetilde{p}\right)$, hence

$$
\left(s_{0}-s\right) \sin \alpha \leq \operatorname{dist}\left(q, q^{\prime}\right)<3 \pi \lambda
$$

By the triangle inequality $\operatorname{dist}(p, z)-3 \varepsilon^{-1} \lambda<s_{0}-s$ and thus

$$
S(z)<2 \lambda^{-2}<\frac{18\left(\pi \sin ^{-1} \alpha+\varepsilon^{-1}\right)^{2}}{\operatorname{dist}^{2}(p, z)}
$$

The estimate implies together with the fact that the points in $B_{d_{0}}(p)$ lie in strong $\varepsilon$-necks that the convergence (6.1) is smooth on $C_{0}$. From (6.2) we deduce that $C_{0}$ is nowhere flat. Moreover, any point $z \in C_{0}$ is the center of a strong $2 \varepsilon$-neck of nonnegative sectional curvature. This however contradicts Lemma 2.10.1.

Proposition 6.2.4 (Bounded curvature at bounded distances). For $\varepsilon_{0}$ sufficiently small we have:
Let $\kappa, \rho, r>0, E, D<\infty$ and $\varepsilon<\varepsilon_{0}$. Then there are constants $C(D, \kappa, \rho, r, E)<\infty$ and $\varphi(D, \kappa, \rho, r, E)>0$ such that the following statement holds:
Let $(M, g)$ be a 3 dimensional Riemannian manifold and $p \in M$ such that

- the curvature is $\varphi$-positive,
- $M$ is $\kappa$-noncollapsed on scales $<\rho$,
- the balls $B_{D-\delta}(p)$ are relatively compact in $M$ for any $\delta>0$,
- the canonical neighborhood assumptions $\operatorname{CNA}(r, \varepsilon, E)$ hold for all points in $B_{D}(p)$ where we interpret strong $\varepsilon$-necks in the sense above and require that those also have $\varphi$-positive curvature
Now if $S(p) \leq 1$, then $S \leq C$ on $B_{D}(p)$.
Proof. Fix some constants $\kappa, \rho, \varepsilon=\varepsilon_{0}$ and $E$. If the proposition is true for $D \geq 0$ with constants $\rho$ and $C>\frac{1}{r^{2}}$ then it also holds for $D+\frac{r}{2 \eta \sqrt{C}}$ and $C$ replaced by $4 C$ by Lemma 6.2.1. This shows that the set

$$
I_{\kappa, \rho, r, E}:=\left\{D \in \mathbb{R}^{+} \quad: \quad \text { the proposition is true for } D\right\}
$$

is nonempty and open. Assume that $I_{\kappa, \rho, r, E} \neq[0, \infty)$ and let $D:=\sup I_{\kappa, \rho, r, E}<\infty$. Choose a sequence $\varphi_{k} \rightarrow 0$. We can find Riemannian manifolds ( $M_{k}, g_{k}$ ) with $p_{k} \in M_{k}$ that satisfy the assumptions of the proposition (this includes that the $M_{k}$ and the strong $\varepsilon$-necks are $\varphi_{k}$-pinched towards positive curvature) but for which we can find points $q_{k} \in B_{D}^{M_{k}}\left(p_{k}\right)$ with $S\left(q_{k}\right) \rightarrow \infty$. So $l_{k}:=\operatorname{dist}\left(p_{k}, q_{k}\right) \rightarrow D$.

For any $\delta>0$ we have uniform bounds for $S$ on $B_{D-\delta}\left(p_{k}\right)$. Since the $M_{k}$ have $\varphi_{k^{-}}$ positive curvature, these bounds give bounds for $\|R\|$. Together with the $\kappa$-noncollapsedness on scales $<\rho$ this implies that after passing to a subsequence we have (metric) GromovHausdorff convergence

$$
\begin{equation*}
\left(\bar{B}_{D}^{M_{k}}\left(p_{k}\right), p_{k}\right) \underset{k \rightarrow \infty}{\longrightarrow}\left(X_{\infty}, p_{\infty}\right) \tag{6.3}
\end{equation*}
$$

Here $\bar{B}_{D}^{M_{k}}\left(p_{k}\right)$ denotes the metric completion of $B_{D}^{M_{k}}\left(p_{k}\right)$ which is compact. (There is a little difficulty in showing that the $\bar{B}_{D}^{M_{k}}\left(p_{k}\right)$ are uniformly totally bounded: For any $\delta>0$ the $\kappa$-noncollapsedness gives us a uniform lower bound on the volume of $\delta$-balls contained in $B_{D}\left(p_{\infty}\right)$. Furthermore, from Bishop-Gromov's Theorem 1.4.2 we get uniform upper bounds for the volume of the balls $B_{D-\delta}^{M_{k}}\left(p_{k}\right)$. As in Proposition 3.1.2 both bounds give upper bounds for the cardinality of minimal $2 \delta$-nets of $B_{D-\delta}^{M_{k}}\left(p_{k}\right)$. Such nets are $3 \delta$-nets for $B_{D}^{M_{k}}\left(p_{k}\right)$.)

Choose minimizing geodesics $\gamma_{k}:\left[0, l_{k}\right] \rightarrow M_{k}$ parameterized by arclength between $p_{k}$ and $q_{k}$. After passing to a subsequence we may assume that we have convergence $\gamma_{k} \rightarrow \gamma_{\infty}$ and $q_{k} \rightarrow q_{\infty}$ such that $\gamma_{\infty}:[0, D] \rightarrow X_{\infty}$ is a minimizing geodesic and $\gamma_{\infty}(D)=q_{\infty}$. Since $S^{-1 / 2}\left(q_{k}\right) \rightarrow 0$, Lemma 6.2.1 gives us that

$$
\begin{equation*}
\limsup _{k \rightarrow \infty} S^{-1 / 2}\left(\gamma_{k}(D-s)\right) \leq \eta s \tag{6.4}
\end{equation*}
$$

for $0<s<\frac{r}{\eta}$. Together with Lemma 5.4.8 this implies that for small $s$ the points $\gamma_{k}(D-s)$ are eventually all centers of strong $\varepsilon$-necks. As we have uniform bounds for the curvature on the balls $B_{D-\delta}^{M_{k}}\left(p_{k}\right)$, there is a neighborhood $U$ around $\left.\gamma_{\infty}\right|_{(D-s, D)}$ for small $s$ on which the convergence (6.3) is smooth and the points on $\left.\gamma_{\infty}\right|_{(D-s, D)}$ are centers of strong $2 \varepsilon$-necks in $U$. Since $\varphi_{k} \rightarrow 0$, the sectional curvature on $U$ is nonnegative and the strong $2 \varepsilon$-necks also have nonnegative sectional curvature. From (6.4) we conclude that $S\left(\gamma_{\infty}(D-s)\right) \rightarrow \infty$ for $s \rightarrow 0$ contradicting Lemma 6.2.3.

### 6.3 The Canonical Neighborhood Theorem

Proposition 6.3.1. For $\varepsilon_{0}>0$ sufficiently small, $\kappa, \rho, r>0, E<\infty$ and $\varepsilon<\varepsilon_{0}$ the following statement holds:
Let $M_{k} \times\left[-T_{k}, 0\right]$ be a sequence of 3 dimensional Ricci flows such that

- the $M_{k} \times\left[-T_{k}, 0\right]$ have $\varphi_{k}$-positive curvature with $\varphi_{k} \rightarrow 0$,
- the time slices of the $M_{k} \times\left[-T_{k}, 0\right]$ are $\kappa$-noncollapsed on scales $<\rho$
- the canonical neighborhood assumptions $\operatorname{CNA}(r, \varepsilon, E)$ hold on the $M_{k} \times\left[-T_{k}, 0\right]$ in the sense explained in section 6.1 (where we assume that the strong $\varepsilon$-necks have $\varphi_{k}$-positive curvature).
- there is a sequence $d_{k} \rightarrow \infty$ such that the balls $B_{d_{k}}^{M_{k}}\left(p_{k}, 0\right)$ are relatively compact in $M_{k}$.
Let $p_{k} \in M_{k}$ with $S\left(p_{k}, 0\right) \leq 1$.
Now if $0<T_{\infty}:=\limsup _{k \rightarrow \infty} T_{k} \leq \infty$ and $0 \leq T \leq T_{\infty}$, then the pointed Ricci flows $\left(M_{k} \times(-T, 0],\left(p_{k}, 0\right)\right)$ smoothly subconverge to some Ricci flow $\left(M_{\infty} \times(-T, 0],\left(p_{\infty}, 0\right)\right)$ such that the time slices are complete and $\kappa$-noncollapsed on scales $<\rho$ and the sectional curvature is nonnegative. Moreover, the Riemannian curvature is bounded on $M \times(-T, 0]$.

Observe that we require the time slices of the $M_{k} \times\left[-T_{k}, 0\right]$ to be $\kappa$-noncollapsed on scales $<\rho$ and not the Ricci flows itself. This is a slightly stronger condition. The power of this Proposition lies in the fact that we neither assume the $M_{k}$ to be complete nor the curvature to satisfy any uniform curvature bound (except at ( $p_{k}, 0$ )).

Proof. Proposition 6.2.4 gives us bounds $C(D)$ for $S(\cdot, 0)$ on $M_{k}$ for large $k$ depending on the distance $D$ to $p_{k}$. With the help of Lemma 6.2.2 we can extend these bounds to times $\left[-\frac{1}{2 \eta^{2} C(D)}, 0\right] \cap(-T, 0]$. Since the $M_{k} \times\left[-T_{k}, 0\right]$ have $\varphi_{k}$-positive curvature, these bounds imply bounds on $\|R\|$ and Shi's estimates give us bounds for the curvature derivatives $\left\|\nabla^{l} R\right\|$. Additionally, using the $\kappa$-noncollapsedness on scales $<\rho$, we conclude that after passing to a subsequence we have smooth convergence

$$
\begin{equation*}
\left(M_{k}(0), p_{k}\right) \underset{k \rightarrow \infty}{\longrightarrow}\left(M_{\infty}(0), p_{\infty}\right) \tag{6.5}
\end{equation*}
$$

where $M_{\infty}(0)$ is a complete Riemannian manifold of nonnegative sectional curvature. Observe that $M_{\infty}(0)$ has the property that all points $x \in M_{\infty}(0)$ with $S(x, 0)>\frac{1}{r^{2}}$ are centers of $2 \varepsilon$-necks or $(2 \varepsilon, 2 E)$-caps.

Assume that $M_{\infty}(0)$ doesn't have bounded curvature, i.e. there is a sequence of points $y_{l} \in M_{\infty}(0)$ with $S\left(y_{l}\right) \rightarrow \infty$. By passing to the universal cover we may assume $M_{\infty}(0)$ to be simply connected for the moment. From Lemma 5.1.5 we conclude after passing to a subsequence that there is a ray $\sigma:[0, \infty) \rightarrow M_{\infty}(0)$ starting in $p_{\infty}$ and a sequence $s_{l} \rightarrow \infty$ such that we have $\operatorname{dist}_{0}\left(y_{l}, \sigma\left(s_{l}\right)\right) \rightarrow \infty$ and for the comparison angles $\widetilde{\varangle} p_{\infty} y_{l} \sigma\left(s_{l}\right) \rightarrow \pi$. So by Lemma 5.4.8 eventually all points $y_{l}$ are centers of $2 \varepsilon$-necks $U_{l}$ that separate $M_{\infty}(0)$ into two parts. Furthermore, Lemma 5.1.5 asserts that $\left.\sigma\right|_{\left[s_{l}, \infty\right)}$ doesn't hit $B_{\frac{1}{2}} \operatorname{dist}_{0}\left(p_{\infty}, y_{l}\right)\left(y_{l}, 0\right)$. So the part of $M_{\infty}(0) \backslash U_{l}$ that doesn't contain $p_{\infty}$ is noncompact. Now we can apply the reasoning in the proof of Corollary 5.1.9 to get a contradiction. Thus $S<Q$ on $M_{\infty}(0)$ for some constant $Q$.

We have just shown that the theorem is true for $T=0$ (if we set $(0,0]=\{0\})$. Assume that it is true for $T<T_{\infty}$ with the bound $Q$, i.e. we can extend the smooth convergence (6.5) for a subsequence to a convergence

$$
\begin{equation*}
\left(M_{k} \times(-T, 0], p_{k}\right) \xrightarrow[k \rightarrow \infty]{\longrightarrow}\left(M_{\infty} \times(-T, 0], p_{\infty}\right) \tag{6.6}
\end{equation*}
$$

of Ricci flows such that $S<Q$ on $M_{\infty} \times(-T, 0]$. Using Lemma 6.2.2 we can extend this convergence for a subsequence to a convergence on $\left(-T^{\prime}, 0\right]$ where $T^{\prime}=\min \left(T+\frac{Q}{\eta^{2}}, T_{\infty}\right)$. So the set $I$ of times $T$ for which we can extend the convergence (6.5) to Ricci flows on the time interval $(-T, 0]$ to get a Ricci flow $M_{\infty} \times(-T, 0]$ of bounded curvature, is open in $\left[0, T_{\infty}\right]$.

Assume that $I \neq\left[0, T_{\infty}\right]$ and set $T:=\sup I$. Consider first the case $T_{\infty}<\infty$. After passing to a subsequence we can extend the convergence (6.5) to a convergence (6.6). Now the limit $M_{\infty} \times(-T, 0]$ must have complete time slices, nonnegative sectional curvature and unbounded curvature but bounded curvature on $M_{\infty} \times\left[-T^{\prime}, 0\right]$ for any $T^{\prime}<T$. This fact enables us to apply the Harnack inequality for the Ricci flow, Theorem 2.8.1. We get that $\frac{\mathrm{d}}{\mathrm{d} t}\left(\left(t+T^{\prime}\right) S(\cdot, t)\right) \geq 0$ for any $T^{\prime}<T$ and hence $(t+T) S(\cdot, t)$ is pointwise nondecreasing. Let $Q$ be a bound for $S$ on $M_{\infty}(0)$. We conclude

$$
S(\cdot, t) \leq Q \frac{T}{t+T} \quad \text { on } \quad M_{\infty} \times(-T, 0] .
$$

By the distance distortion estimates of Theorem 2.3.2 there is a constant $C^{\prime}$ such that for $C:=C^{\prime} \int_{-T}^{0} \sqrt{\frac{Q T}{t+T}} \mathrm{~d} t=2 C^{\prime} \sqrt{Q} T$ we have

$$
\begin{equation*}
\operatorname{dist}_{0}(x, y) \leq \operatorname{dist}_{t}(x, y) \leq \operatorname{dist}_{0}(x, y)+C \tag{6.7}
\end{equation*}
$$

for any $x, y \in M_{\infty}$ and $t \in(-T, 0]$.
If $M_{\infty}$ is compact, this result implies that the diameter $\operatorname{diam}_{t} M_{\infty}$ stays bounded in $t$. Since $\min _{M_{\infty}} S(\cdot, t)$ is nondecreasing, we can find a point $x_{t} \in M_{\infty}$ for any time $t \in(-T, 0]$ such that $S\left(x_{t}, t\right) \leq \min _{M_{\infty}} S(\cdot, 0)$. Apply Proposition 6.2 .4 at $x_{t}$ to show that we have bounded curvature on $M_{\infty} \times(-T, 0]$ (Observe that $M_{\infty} \times(-T, 0]$ satisfies the canonical neighborhood assumptions $\left.\operatorname{CNA}\left(\frac{1}{2} r, 2 \varepsilon, 2 E\right)\right)$.

Assume now that $M_{\infty}$ is noncompact and without loss of generality simply connected. First we claim that there is a sequence $\left(y_{l}, t_{l}\right) \in M_{\infty} \times(-T, 0]$ such that $S\left(y_{l}, t_{l}\right) \rightarrow \infty$ and $\operatorname{dist}_{0}\left(p_{\infty}, y_{l}\right) \rightarrow \infty$. If not, the curvature would be bounded on $\left(M \backslash B_{D}\left(p_{\infty}, 0\right)\right) \times(-T, 0]$ for some $D$ and we could apply (6.7) and Proposition 6.2.4 with basepoint in this set to derive a contradiction. For large $l$ the points $\left(x_{l}, t_{l}\right)$ are centers of $2 \varepsilon$-necks or $2 \varepsilon$-caps. Lemma 5.1.5 gives us after passing to a subsequence a time 0 ray $\sigma:[0, \infty) \rightarrow M_{\infty}$ starting in $p_{\infty}$ and a sequence $s_{l}$ such that

$$
\operatorname{dist}_{0}\left(y_{l}, \sigma\left(s_{l}\right)\right) \rightarrow \infty \quad \text { and } \quad \widetilde{\varangle}_{0} p_{\infty} y_{l} \sigma\left(s_{l}\right) \rightarrow \pi
$$

From (6.7) we conclude that we have uniform convergence

$$
\operatorname{dist}_{t}\left(y_{l}, \sigma\left(s_{l}\right)\right) \rightarrow \infty \quad \text { and } \quad \widetilde{ष}_{t} p_{\infty} y_{l} \sigma\left(s_{l}\right) \rightarrow \pi
$$

for all $t \in(-T, 0]$. So by Lemma 5.4.8 eventually all points $\left(y_{l}, t_{l}\right)$ are centers of $2 \varepsilon$-necks $U_{l}$ that separate $M_{\infty}$ such that $p_{\infty}$ and $\sigma\left(s_{l}\right)$ lie in different parts of $M_{\infty} \backslash U_{l}$. We conclude that the part in which $\sigma\left(s_{l}\right)$ lies, is noncompact since Lemma 5.1.5 asserts that $\left.\sigma\right|_{\left[s_{l}, \infty\right)}$ does not hit $B_{\frac{1}{2} \operatorname{dist}_{0}\left(p_{\infty}, y_{l}\right)}\left(y_{l}, 0\right)$. Since $\operatorname{diam}_{0} U_{l} \leq \operatorname{diam}_{t_{l}} U_{l} \rightarrow 0$ we can again apply the reasoning of the proof of Corollary 5.1.9 to get a contradiction.

In the case $T_{\infty}=\infty$ we get the required curvature bound directly from the integrated Harnack inequality for the Ricci flow (see Theorem 2.8.2). Observe that the factor " $\frac{t_{1}}{t_{2}}$ " can be assumed to be equal to 1 since the flow is ancient.

In the following we switch back to the conventional definition of strong $\varepsilon$-necks.
Theorem 6.3.2 (Canonical Neighborhood Theorem). Let $\kappa, \rho, \tau, \varphi, \varepsilon>0$. Then there are constants $r(\kappa, \rho, \tau, \varphi, \varepsilon)>0$ and $E^{\prime}(\varepsilon)<\infty$ with the following property: Let $M \times[-\tau, 0]$ be a 3 dimensional, orientable Ricci flow

- with complete time slices,
- bounded curvature,
- $\varphi$-positive curvature (this implies in particular $\tau<\varphi^{-1}$ )
- that is $\kappa$-noncollapsed on scales $<\rho$.

Then every point at time 0 satisfies the canonical neighborhood assumptions $\operatorname{CNA}\left(r, \varepsilon, E^{\prime}\right)$ or $M$ is a higher spherical space form.

Proof. Fix constants $\kappa, r, \tau, \varphi, \varepsilon$, assume $\varepsilon<\varepsilon_{0}$ and set $E^{\prime}(\varepsilon):=2 E_{\kappa_{0}}\left(\frac{\varepsilon}{2}\right)$, where $E$ denotes the constant obtained in Theorem 5.4.11 and $\kappa_{0}$ the constant from Theorem 5.4.13.

At first choose some $r>0$ and consider a counterexample, i.e. a Ricci flow $M \times[-\tau, 0]$ that satisfies the assumptions of the theorem but violates the canonical neighborhood assumptions $\mathrm{CNA}\left(r, \varepsilon, E^{\prime}\right)$ at some point $(x, 0) \in M \times[-\tau, 0]$. By a point-picking argument (compare also Lemma 5.1.4) we argue that we may assume the canonical neighborhood assumptions $\operatorname{CNA}\left(\frac{1}{2} r, \varepsilon, E^{\prime}\right)$ to hold on $M \times\left[-\frac{\tau}{4}, 0\right]$ : Assume that there is some point $\left(x_{1}, t_{1}\right) \in M \times\left[-\frac{\tau}{4}, 0\right]$ violating $\operatorname{CNA}\left(\frac{1}{2} r, \varepsilon, E^{\prime}\right)$. Shift the solution $M \times\left[-\frac{\tau}{4}, 0\right]$ by $-t_{1}$, parabolically rescale by 2 and restrict it to the time interval $[-\tau, 0]$. The resulting flow $M^{\prime} \times$ $[-\tau, 0]$ still satisfies the assumptions of the theorem (including the $\varphi$-positive curvature condition since $\tau<\varphi^{-1}$ ). Observe that the point $\left(x^{\prime}, 0\right) \in M^{\prime} \times[-\tau, 0]$ corresponding to the point $\left(x_{1}, t_{1}\right)$ violates $\mathrm{CNA}\left(r, \varepsilon, E^{\prime}\right)$. So we have constructed another counterexample for $r$. Repeat this step as long as not all points on $M^{\prime} \times\left[-\frac{\tau}{4}, 0\right]$ satisfy $\mathrm{CNA}\left(2 r, \varepsilon, E^{\prime}\right)$.

It is clear that the process has to stop after a finite number of steps since otherwise we would produce a sequence $\left(x_{l}, t_{l}\right) \in M \times\left[-\frac{\tau}{3}, 0\right]$ with $S\left(x_{l}, t_{l}\right) \rightarrow \infty$.

Assume that the conclusion of the theorem was wrong. Choose a sequence $r_{k} \rightarrow$ 0 . Then we find a sequence of counterexamples $M_{k} \times[-\tau, 0]$ such that for some point $\left(x_{k}, 0\right) \in M_{k} \times[-\tau, 0]$ the canonical neighborhood assumptions $\mathrm{CNA}\left(r_{k}, \varepsilon, E^{\prime}\right)$ are violated but CNA $\left(\frac{1}{2} r_{k}, \varepsilon, E^{\prime}\right)$ is satisfied on $M_{k} \times\left[-\frac{\tau}{4}, 0\right]$. Assume furthermore that the $M_{k}$ are not higher spherical space forms. So $Q_{k}:=S\left(x_{k}, 0\right) \geq r_{k}^{-2} \rightarrow \infty$. Parabolically rescale the $M_{k} \times[-\tau, 0]$ by the factor $\lambda_{k}:=Q_{k}^{1 / 2}$. This produces Ricci flows $M_{k}^{\prime} \times\left[-\lambda_{k}^{2} \tau, 0\right]$ that have $\frac{1}{\lambda_{k}^{2}} \rho$-positive curvature, are $\kappa$-noncollapsed on scales $<\lambda_{k} \rho$ and that satisfy $S\left(x_{k}^{\prime}, 0\right)=1$ (here $x_{k}^{\prime} \in M_{k}^{\prime}$ denotes the point corresponding to $x_{k} \in M_{k}$ ). Furthermore, CNA ( $1, \varepsilon, E^{\prime}$ ) is violated at the point $\left(x_{k}^{\prime}, 0\right)$, but $\operatorname{CNA}\left(2, \varepsilon, E^{\prime}\right)$ holds on $M_{k}^{\prime} \times\left[-\frac{1}{4} \lambda_{k}^{2} \tau, 0\right]$. Using Lemma 6.2.2 and $\operatorname{CNA}\left(2, \varepsilon, E^{\prime}\right)$, we conclude that there is a $\kappa^{\prime}>0$ such that the time slices of $M_{k}^{\prime} \times\left[-\frac{1}{8} \lambda_{k}^{2} \tau, 0\right]$ are $\kappa^{\prime}$-noncollapsed on scales $<\rho$. Applying Proposition 6.3.1, we find that we have smooth convergence

$$
\left(M_{k}^{\prime} \times\left[-\lambda_{k}^{2} \tau, 0\right],\left(x_{k}^{\prime}, 0\right)\right) \underset{k \rightarrow \infty}{\longrightarrow}\left(M_{\infty} \times(-\infty, 0],\left(x_{\infty}, 0\right)\right)
$$

where $M_{\infty} \times(-\infty, 0]$ is an orientable, ancient solution of bounded nonnegative sectional curvature that is $\kappa^{\prime}$-noncollapsed on all scales and which is not a higher spherical space form. Moreover $S\left(x_{\infty}, 0\right)=1$, hence it is a $\kappa^{\prime}$-solution.

But Theorems 5.4.11 and 5.4.13 give us now that $M_{\infty} \times(-\infty, 0]$ is $\kappa_{0}$-noncollapsed and $\left(x_{\infty}, 0\right)$ is the center of a strong $\frac{\varepsilon}{2}$-neck or an $\left(\frac{\varepsilon}{2}, E_{\kappa_{0}}\left(\frac{\varepsilon}{2}\right)\right)$-cap. So for large $k$ the point $\left(x_{k}^{\prime}, 0\right)$ must be at least the center of a strong $\varepsilon$-neck or an $\left(\varepsilon, E^{\prime}\right)$-cap and the $\left(\kappa_{0}-\varepsilon\right)$ noncollapsedness assumption must apply on sclaes $<1$ at $\left(x_{k}^{\prime}, 0\right)$. A contradiction.

## Chapter 7

## Construction of a Ricci flow with surgery

### 7.1 Ricci flows with surgery

We will first give a definition for Ricci flows with surgery in general.
Consider a time interval $I \subset \mathbb{R}$. Let $T_{1}<T_{2}<\ldots<T_{k-1}$ be times in $I$ and divide $I$ into the intervals

$$
I^{1}:=I \cap\left(-\infty, T_{1}\right), I^{2}:=I \cap\left[T_{1}, T_{2}\right), I^{3}:=I \cap\left[T_{2}, T_{3}\right), \ldots, I^{k}:=I \cap\left[T_{k-1}, \infty\right) .
$$

Let $\left(M^{1} \times I^{1}, g^{1}\right), \ldots,\left(M^{k} \times I^{k}, g^{k}\right)$ be Ricci flows and let $\Omega^{i} \subset M^{i}$ be open sets on which the metric $g_{t}^{i}$ smoothly converges to some Riemannian metric $g_{T_{i}}^{i}$ on $\Omega^{i}$ for $t \nearrow T_{i}$. Let furthermore

$$
U_{-}^{i} \subset \Omega^{i} \quad \text { and } \quad U_{+}^{i} \subset M^{i+1} \quad \text { for } i=1, \ldots, k-1
$$

be open subsets such that there are isometries

$$
\Phi^{i}:\left(U_{-}^{i}, g_{T_{i}}^{i}\right) \longrightarrow\left(U_{+}^{i}, g_{T_{i}}^{i+1}\right),\left.\quad\left(\Phi^{i}\right)^{*} g_{T_{i}}^{i+1}\right|_{U_{+}^{i}}=\left.g_{T_{i}}^{i}\right|_{U_{-}^{i}} .
$$

Then we call $\left.\mathcal{M}:=\left(\left(M \times I^{\prime}, g^{\circ}\right)\right),\left(U_{\dot{ \pm}}\right),\left(\Phi^{*}\right)\right)$ a Ricci flow with surgery and $T_{1}, \ldots, T_{k-1}$ the surgery times. Note that if we glue the Ricci flows on $U_{-}^{i} \times I^{i}$ and $U_{+}^{i} \times I^{i+1}$ together via the isometry $\Phi^{i}$, we obtain a (smooth) Ricci flow on $U_{-}^{i} \times\left(I^{i} \cup I^{i+1}\right)$.

If $t \in I^{i}$, then $\mathcal{M}(t):=\left(M^{i} \times\{t\}, g_{t}^{i}\right)$ is called the time $t$ slice of $\mathcal{M}$. For $t=T_{i}$ we define the (presurgery) time $T_{i}^{-}$slice to be $\mathcal{M}\left(T_{i}^{-}\right):=\left(\Omega^{i} \times\left\{T_{i}\right\}, g_{T_{i}}^{i}\right)$ and the (postsurgery) time $T_{i}^{+}$slice to be $\mathcal{M}\left(T_{i}^{+}\right):=\left(M^{i+1} \times\left\{T_{i}\right\}, g_{T_{i}}^{i+1}\right)$. The points $\Omega^{i} \times\left\{T_{i}\right\} \backslash U_{-}^{i} \times\left\{T_{i}\right\}$ are called presurgery points and the points $M^{i+1} \times\left\{T_{i}\right\} \backslash U_{+}^{i}$ postsurgery points. In the course of this chapter we will sometimes need to exclude the presurgery points. For this we call a point that is not a presurgery point a non-presurgery point.

For $(x, t) \in \mathcal{M}$ consider a spatially constant line in $\mathcal{M}$ that starts in $(x, t)$ and goes forwards or backwards in time for some time $\Delta t \in \mathbb{R}$ and that doesn't hit any (preor post-)surgery points. When crossing surgery times, we can continue the line via the isometries $\Phi^{i}$. We denote the endpoint of this line by $(x, t+\Delta t) \in \mathcal{M}$. Observe that this point is only defined if there are no surgery points between $(x, t)$ and $(x, t+\Delta t)$. We say that a point $(x, t) \in \mathcal{M}$ survives until time $t+\Delta t$ if the point $(x, t+\Delta t) \in \mathcal{M}$ is well-defined.

Using this notion we can define parabolic neighborhoods in $\mathcal{M}$. Let $(x, t) \in \mathcal{M}$ (preor postsurgery points are allowed, in this case we have to replace $t$ by either $t^{-}$or $t^{+}$), $d \geq 0$ and $\Delta t \in \mathbb{R}$. Consider the ball $B:=B_{d}(x, t):=B_{d}^{\mathcal{M}(t)}(x, t)$. If $t$ is a surgery time, we have to distinguish between $B_{d}\left(x, t^{-}\right)$and $B_{d}\left(x, t^{+}\right)$. For each $\left(x^{\prime}, t\right) \in B_{d}(x, t)$ consider the union $I_{x^{\prime}, t}^{\Delta t}$ of all points $\left(x^{\prime}, t+t^{\prime}\right)$ for $t^{\prime} \in[0, \Delta t]$ resp. [ $\left.\Delta t, 0\right]$. We say
that $I_{x^{\prime}, t}^{\Delta t}$ is non-singular if $\left(x^{\prime}, t+\Delta t\right) \in I_{x^{\prime}, t}^{\Delta t}$. Now define the parabolic neighborhood $P(x, t, d, \Delta t):=\bigcup_{x^{\prime} \in B} I_{x^{\prime}, t}^{\Delta t}$. We call $P(x, t, d, \Delta t)$ non-singular if all the $I_{x^{\prime}, t}^{\Delta t}$ are nonsingular.

We say that a smooth map $\Psi: N \times J \rightarrow \mathcal{M}$ from a Ricci flow into a Ricci flow with surgery preserves time slices if for every $t \in J$ there is some $t^{\prime} \in I$ such that $\Psi(N \times\{t\}) \subset \mathcal{M}\left(t^{\prime}\right), \mathcal{M}\left(t^{\prime-}\right)$ or $\mathcal{M}\left(t^{\prime+}\right)$. It is called time-equivariant if there is a $\Delta t$ such that for every $x \in N$ there is an $x^{\prime}$ such that we have $\Psi(x, t)=\left(x^{\prime}, t+\Delta t\right)$ for every $t \in J$ and if this definition makes sense (i.e. if $\Psi$ doesn't hit any surgery points in its interior). $\Psi$ is called an $\varepsilon$-isometry for some $\varepsilon>0$ if it preserves time slices, is time equivariant and $\left.\Psi\right|_{N(t)}: N(t) \rightarrow \mathcal{M}\left(t^{\prime}\right)$ is an $\varepsilon$-isometry for all $t \in J$ and the corresponding $t^{\prime} \in I$. Analogously we define $\varepsilon$-homotheties into Ricci flows with surgery.

Analogous to the Definition 4.2 .1 of $\kappa$-noncollapsedness we say that $\mathcal{M}$ is $\kappa$-noncollapsed on scales $<\rho$ in $(x, t) \in \mathcal{M}$ if $\operatorname{vol}_{t} B_{r}(x, t) \geq \kappa r^{n}$ for all $0<r<\rho$ for which
(i) the ball $B_{r}(x, t)$ is relatively compact in $\mathcal{M}(t)$
(ii) the parabolic neighborhood $P\left(x, t, r,-r^{2}\right)$ is nonsingular and
(iii) $\|R\|<\frac{1}{r^{2}}$ on $P\left(x, t, r,-r^{2}\right)$.

We say that $U \times J \subset \mathcal{M}$ is a strong $\varepsilon$-neck if $\{u\} \times J$ is is nonsingular and does not contain surgery points for all $u \in U$ and $U \times J$ is a conventional strong $\varepsilon$-neck with respect to the restricted metric. Observe that strong $\varepsilon$-necks may cross surgery times as long as they don't cross surgery points. It is clear how to transfer notions like $\varphi$-positive curvature, $\varepsilon$-necks, $(\varepsilon, E)$-caps or the canonical neighborhood assumptions to the case of Ricci flows with surgery.

### 7.2 The surgery process

Let $(M, g)=\left(M^{1}, g_{0}^{1}\right)$ be a (not necessarily connected) 3 dimensional Riemannian manifold that
(i) is compact, orientable and has no component which is a higher spherical space form,
(ii) has scalar curvature $S<1$ everywhere,
(iii) is 1 -noncollapsed on scales $<1$ and
(iv) satisfies the 1-positive curvature condition at time 0 .

We will then say that $M$ has normalized geometry. If $M$ is the first time slice of a Ricci flow with surgery $\mathcal{M}$ defined on some time interval $[0, T)$, we say that $\mathcal{M}$ has normalized initial conditions. Observe that every Riemannian manifold satisfying (i) can be rescaled to have normalized geometry.

We will now describe how to construct the Ricci flow with surgery starting with a Riemannian manifold ( $M^{1}, g_{0}^{1}$ ) of normalized geometry. By Hamilton's existence results (see Theorems 2.7.1 and 2.7.2) there is a Ricci flow $\left(M^{1} \times\left[0, T_{1}\right),\left(g^{0}\right)\right.$ ) with start metric $g_{0}^{1}$ on a maximal time interval $\left[0, T_{1}\right)$ and $\max _{M}\|R\|(\cdot, t)$ is unbounded for $t \nearrow T_{1}$. By property (ii) of the normalized initial conditions and Corollary 2.5 .5 we know that $T_{1}>\frac{1}{2}$.

Now, consider a more general situation in which surgeries could have already been performed. Let $\mathcal{M}$ be a Ricci flow with surgery and normalized initial conditions defined on some time interval $[0, T)$ such that the curvature is everywhere 1-positive and let $M^{k} \times\left[T_{k-1}, T_{k}\right)$ with $T_{k}=T$ be the final Ricci flow in $\mathcal{M}$. Assume that $M \times\left[T_{k-1}, T_{k}\right)$ is defined on a maximal time interval. In order to explain the geometry at the singular time $T_{k}$ we assume that the canonical neighborhood assumptions $\operatorname{CNA}(r, \varepsilon, E)$ hold at all non-presurgery times for some constants $r>0, \varepsilon<\varepsilon_{0}$ and $E<\infty$. This is a very crucial assumption. The way the surgeries will be performed strongly depend on these parameters. In the subsequent sections we will prove that the canonical neighborhood assumptions are
always satisfied for certain parameters that are independent of $M$ and just depend on time in case alle preceding surgeries have been performed in the way described below.
step 1: Determination of the regions on which the metric converges.
Let $\Omega^{k} \subset M^{k}$ be the set of points on which $S(\cdot, t)$ stays bounded for $t \nearrow T$. Lemmas 6.2.1 and 6.2 .2 imply that $S(\cdot, t)$ is locally bounded on $\Omega^{k}$, so $\Omega^{k}$ is open. The 1-positive curvature condition implies that $\|R\|(\cdot, t)$ stays locally bounded for $t \nearrow T$ and Shi's estimates give local bounds for the curvature derivatives $\left\|\nabla^{l} R\right\|$ on $\Omega^{k}$. We conclude that $g_{t}^{k}$ smoothly converges to some limit metric $g_{T}^{k}$ on $\Omega^{k}$. It is easy to see that $S(x, T) \rightarrow \infty$ for $x \rightarrow \partial \Omega^{k}$. Thus the set

$$
\Omega_{0}^{k}:=\left\{x \in \Omega \quad: \quad S(x, T)<\frac{4}{r^{2}}\right\} \subset \Omega^{k}
$$

is relatively compact in $\Omega^{k}$. From Lemma 6.2 .2 we conclude that $S(\cdot, t) \rightarrow \infty$ uniformly on $M^{k} \backslash \Omega^{k}$ for $t \nearrow T$. Observe that the points on $\Omega^{k}$ satisfy the canonical neighborhood assumptions $\operatorname{CNA}\left(\frac{1}{2} r, 2 \varepsilon, 2 E\right)$.
step 2: Characterization of the topology of $M^{k} \backslash \Omega_{0}^{k}$.
From Proposition 5.4 .7 (applied to a time $T^{\prime}$ slightly smaller than $T$ ) we know that $M^{k} \backslash \Omega_{0}^{k}$ is covered by open sets $N_{i}$ that are diffeomorphic to one of the following manifolds

$$
\begin{equation*}
S^{2} \times \mathbb{R}, \mathbb{B}^{3}, \mathbb{R} P^{3} \backslash \overline{\mathbb{B}}^{3}, S^{3}, S^{2} \times S^{1}, \mathbb{R} P^{3} \text { or } \mathbb{R} P^{3} \# \mathbb{R} P^{3} \tag{7.1}
\end{equation*}
$$

which are covered by $\varepsilon$-necks or $\varepsilon$-caps at time $T^{\prime}$ themselves. It is easy to see (e.g. by a volume argument) that there are only finitely many $N_{l}$. We have $\partial N_{i} \subset \Omega_{0}^{k}$ for all $i$.
step 3: Characterization of the geometry of $\Omega^{k}$ at the ends.
Consider the Riemannian manifold $\left(\Omega^{k}, g_{T}^{k}\right)$. Applying Proposition 5.4.7 again, yields that $\Omega^{k} \backslash \Omega_{0}^{k}$ is also covered by a finite number of disjoint open sets $N_{i}^{\prime} \subset \Omega^{k}$ diffeomorphic to one of the manifolds in (7.1) which are covered by time $T$ necks or caps themselves. Moreover, by a volume argument, each boundary component of $N_{i}^{\prime}$ is either contained in $\Omega_{0}^{k}$ or $S(\cdot, T)$ diverges on $N_{i}^{\prime}$ near this component. Let $\widetilde{\Omega}^{k}$ be the union of the connected components of $\Omega^{k}$ that are not completely covered by some $N_{i}^{\prime}$. The ends of $\widetilde{\Omega}^{k}$ are covered by $N_{i}^{\prime}$ which are diffeomorphic to $S^{2} \times \mathbb{R}$ and that have the property that one boundary component $\partial_{1} N_{i}^{\prime}$ lies in $\Omega_{0}^{k}$ and the curvature becomes unbounded near the other component $\partial_{2} N_{i}^{\prime}$. We call these $N_{i}^{\prime}$ horns. By the arguments of subsection 5.4.2 we conclude that for every horn $N_{i^{\prime}}^{\prime}$ there is a time $T$ strong $\varepsilon$-neck such that one of its cross sectional 2 -spheres $\Sigma_{i}^{\prime}$ is parallel to some time $T^{\prime} \varepsilon$-neck covering an $N_{i}$. (Choose a cross section $\Sigma_{i}^{\prime}$ of $N_{i^{\prime}}^{\prime}$ close to the boundary component $\partial_{1} N_{i^{\prime}}^{\prime}$. If $T^{\prime}$ is close enough to $T$, we can assume that a time $T$ strong $2 \varepsilon$-neck having $\Sigma_{i}^{\prime}$ as cross section intersects with an $\varepsilon$-neck at time $T^{\prime}$.)
step 4: Topological description of the surgery process.
Now choose for each horn $N_{i}^{\prime}$ a cross section $\Sigma_{i}$. We will later specify the position of $\Sigma_{i}$ more precisely. Observe that $\Sigma_{i}^{\prime}$ and $\Sigma_{i}$ bound a set that is diffeomorphic to $S^{2} \times[0,1]$. Cut $\widetilde{\Omega}^{k}$ along the $\Sigma_{i}$, discard the part that does not contain $\partial_{1} N_{i}^{\prime}$ and glue in 3-balls (i.e. identify the boundary $\partial \overline{\mathbb{B}}^{3}$ of a closed ball $\overline{\mathbb{B}}^{3}$ with the produced cutting surface). Perform this cutting and gluing for all horns, discard all higher spherical space forms that arose this way and denote the resulting manifold by $M^{k+1}$. Obviously, $M^{k+1}$ is compact. It is easy to see that the original manifold $M^{k}$ can be reconstructed from $M^{k+1}$ by adding some components diffeomorphic to $S^{2} \times S^{1}, \mathbb{R} P^{3}, \mathbb{R} P^{3} \# \mathbb{R} P^{3}$ or spherical space forms and performing a finite number of connected sums between some of the componentents of $M^{k+1}$ and the additional ones. Note that a surgery that does not seperate the manifold into two components corresponds to the inverse of a connected sum with $S^{2} \times S^{1}$.
step 5: Geometric description of the surgery process.
We now give a description of how to find the $\Sigma_{i}$ and how to perform the cutting and gluing geometrically. For this we need to find strong $\delta$-necks inside of horns with $\delta$ even smaller
than $2 \varepsilon$. Surprisingly, horns have the property that their geometry improves towards their $\partial_{2}$-end. We quantify this in the following

Lemma 7.2.1. For $\varepsilon_{0}$ sufficiently small and $\varepsilon<\varepsilon_{0}$ we have:
For any $\delta>0$ there is an $0<h(\delta)<1$ (depending only on $\delta$ ) such that if $0<r<1$ and we are in the above situation (this includes that the canonical neighborhood assumptions $\operatorname{CNA}(r, \varepsilon, E)$ apply at all non-presurgery points), then every point $x$ in a horn $N_{i}^{\prime}$ with $S(x, T) \geq \frac{1}{h^{2} r^{2}}$ is the center of a strong $\delta$-neck at time $T$.

Note that $h$ does not depend on $r$.
Proof. Assume that $x \in N_{i}^{\prime}=: N^{\prime}$ with $Q:=S(x, T) \geq \frac{1}{h^{2} r^{2}}$ for some $0<h<\frac{1}{2}$. Shift $\mathcal{M}$ in time by $-T$ and parabolically rescale by $Q>\frac{1}{h^{2}}$ to get $\mathcal{M}^{\prime}$. Let $\left(x^{\prime}, 0\right) \in \mathcal{M}^{\prime}$ be the point corresponding to $(x, T) \in \mathcal{M}$. We have $S\left(x^{\prime}, 0\right)=1$. For simplicity denote the set in $\mathcal{M}^{\prime}$ corresponding to $N^{\prime}$ also by $N^{\prime}$ and likewise for $\Omega_{0}^{k}$. Note that $\mathcal{M}^{\prime}$ has $h^{2}$-positive curvature, the non-presurgery points satisfy $\operatorname{CNA}\left(r^{\prime}, \varepsilon, E\right)$ and the points in $\mathcal{M}^{\prime}(0)$ satisfy $\operatorname{CNA}\left(\frac{1}{2} r^{\prime}, 2 \varepsilon, 2 E\right)$ where $r^{\prime}=Q^{1 / 2} r \geq \frac{1}{h}>2$. In particular this implies that $\mathcal{M}^{\prime}(0)$ is $\frac{1}{2} \kappa_{0}$-noncollapsed in $\left(x^{\prime}, 0\right)$. Since the boundary component $\partial_{1} N^{\prime}$ lies in $\Omega_{0}^{k}$ and $S^{-1 / 2}>\frac{r^{\prime}}{2}$, Lemma 6.2.1 gives that

$$
\begin{equation*}
\operatorname{dist}_{0}\left(x^{\prime}, \partial_{1} N^{\prime}\right) \geq \eta^{-1}\left(\frac{r^{\prime}}{2}-1\right) \geq \eta^{-1}\left(\frac{1}{2 h}-1\right) \tag{7.2}
\end{equation*}
$$

Now assume that the assertion of the Lemma was wrong for some $\delta>0$. Choose a sequence $h_{l} \rightarrow 0$. We find counterexamples $\mathcal{M}_{l}$ for $h_{l}$ together with constants $0<r_{l}<1$, $\varepsilon_{l}<\varepsilon_{0}, E_{l}$, horns $N_{l}^{\prime}$, times $T_{l}$ and points $x_{l} \in N_{l}^{\prime}$ with $S\left(x_{l}, T_{l}\right)=1$ that are not centers of strong $\delta$-necks. The preceding paragraph gives us Ricci flows with surgery $\mathcal{M}_{l}^{\prime}$ together with numbers $r_{l}^{\prime} \geq \frac{1}{h_{l}}$ such that $\mathcal{M}_{l}^{\prime}$ has $h_{l}^{2}$-positive curvature and satisfies $\operatorname{CNA}\left(r_{l}^{\prime}, \varepsilon_{l}, E_{l}\right)$ at all non-presurgery points and $\operatorname{CNA}\left(\frac{1}{2} r_{l}^{\prime}, 2 \varepsilon_{l}, 2 E_{l}\right)$ on $\mathcal{M}_{l}^{\prime}(0)$. Moreover, there are points $\left(x_{l}^{\prime}, 0\right) \in \mathcal{M}_{l}^{\prime}$ with $S\left(x_{l}^{\prime}, 0\right)=1$ that are not centers of $\delta$-necks and in which $\mathcal{M}_{l}^{\prime}(0)$ is $\frac{1}{2} \kappa_{0}$-noncollapsed. From (7.2) we get that $\operatorname{dist}_{0}\left(x^{\prime}, \partial_{1} N_{l}^{\prime}\right) \rightarrow \infty$ for $l \rightarrow \infty$. Assume that $D:=\liminf _{l \rightarrow \infty} \operatorname{dist}_{0}\left(x^{\prime}, \partial_{2} N_{l}^{\prime}\right)<\infty$. Then by the bounded curvature at bounded distances result, Proposition 6.2.4, we have bounds for $S(\cdot, 0)$ on $B_{D}^{N_{l}^{\prime}}\left(x_{l}^{\prime}, 0\right)$ for sufficiently large $l$. But this would contradict the fact that $S(\cdot, 0)$ diverges on $N_{l}^{\prime}$ near $\partial_{2} N_{l}^{\prime}$. So $\operatorname{dist}_{0}\left(x^{\prime}, \partial N_{l}^{\prime}\right) \rightarrow \infty$.

Observe that again by Proposition 6.2.4 for any $D<\infty$ we have uniform bounds for the curvature on the balls $B_{D}^{N_{l}^{\prime}}\left(x_{l}^{\prime}, 0\right)$. Since $N_{l}^{\prime}$ is covered by strong $2 \varepsilon$-necks, these bounds imply bounds on the cuvature derivatives $\nabla^{j} R$. So we have smooth convergence

$$
\left(N_{l}^{\prime} \times(-\tau, 0],\left(x_{l}^{\prime}, 0\right)\right) \underset{l \rightarrow \infty}{\longrightarrow}\left(M_{\infty}(0) \times(-\tau, 0],\left(x_{\infty}, 0\right)\right)
$$

for a subsequence and a maximal $\tau \geq 0$ (we set $(0,0]=\{0\}) . M_{\infty} \times(-\tau, 0]$ has complete time slices and nonnegative sectional curvature. Moreover, by the proof of Proposition 6.3.1, the curvature on $M_{\infty} \times(-\tau, 0]$ is uniformly bounded. It is easy to see that $M_{\infty}(0)$ is covered by $4 \varepsilon$-necks, thus $M_{\infty}(0) \approx S^{2} \times \mathbb{R}$ and the splitting is also a geometric splitting for all times $(-\tau, 0]$.

So there is a bound $C<\infty$ such that for any $D<\infty$ and $\tau^{\prime}>0$ we have $\|R\|<C$ on the parabolic neighborhoods $P^{N_{l}^{\prime}}\left(x_{l}^{\prime}, 0, D,-\tau+\tau^{\prime}\right)$ for large $l$. Since the scalar curvature on $M_{\infty} \times(-\tau, 0]$ must be positive (otherwise $M_{\infty}$ would be flat at some time by the strong maximum principle, which is impossible in view of the topology), the scalar curvature on $P^{N_{l}^{\prime}}\left(x_{l}^{\prime}, 0, D,-\tau+\tau^{\prime}\right)$ can be bounded from below by for large $l$. Since $r_{l}^{\prime} \rightarrow \infty$ we conclude by the canonical neighborhood assumptions $\operatorname{CNA}\left(\frac{1}{2} r_{l}^{\prime}, 2 \varepsilon, 2 E\right)$ that for large $l$ all points on $P^{N_{l}^{\prime}}\left(x_{l}^{\prime}, 0, D,-\tau+\tau^{\prime}\right)$ are centers of strong $2 \varepsilon$-necks or $(2 \varepsilon, 2 E)$-caps. Note that the geometry of this parabolic neighborhood is a almost a product with a line. So we can use

Lemma 5.4.8 to conclude that for large $l$ the points in $P^{N_{l}^{\prime}}\left(x_{l}^{\prime}, 0, D,-\tau+\tau^{\prime}\right)$ are centers of strong $\varepsilon$-necks. Thus there is a $\tau^{\prime \prime}>0$ such that we get a bound for the curvature on some larger parabolic neighborhood $P^{N_{l}^{\prime}}\left(x_{l}^{\prime}, 0, D,-\tau-\tau^{\prime \prime}\right)$ that does not depend on $D$ and we may exclude surgery points there. But this contradicts the maximality of $\tau$.

We conclude $\tau=\infty$. Observe again that the scalar curvature on $M_{\infty} \times(-\infty, 0]$ must be positive. By the canoncial neighborhood assumptions $\operatorname{CNA}\left(\frac{1}{2} r_{l}^{\prime}, 2 \varepsilon, 2 E\right)$ and the fact that $r_{l}^{\prime} \rightarrow \infty$ we conclude that $M_{\infty} \times(-\infty, 0]$ is $\frac{1}{2} \kappa_{0}$-noncollapsed. Hence it is a $\frac{1}{2} \kappa_{0}$-solution and therefore isometric to the standard round shrinking cylinder $\left(S^{2} \times \mathbb{R}\right) \times(-\infty, 0]$. This gives the desired contradiction.

Before going into the surgery process, we have to describe the geometry that we are going to put on the glued-in balls of step 4 . For this we construct a Riemannian manifold ( $M_{\text {stan }}, g_{\text {stan }}$ ) which we will refer to as the standard cap. We will later cut along carefully chosen cross sections $\Sigma_{i}$ of the horns and glue in a rescaled part of $M_{\text {stan }}$.

In [KL, Sec 72] it is shown that there are constants $B>A>0$ and a metric on $\mathbb{R}^{3}$ such that if we identify $\mathbb{R}^{3} \backslash\{0\}$ with $S^{2} \times(-B, \infty)$ (we assume that 0 lies at the $-B$ end of $S^{2} \times(-B, \infty)$ ), we have
(i) $M_{\text {stan }}$ has nonnegative sectional curvature.
(ii) The metric $g_{\text {stan }}$ restricted to $S^{2} \times(-A, \infty)$ coincides with the standard round metric on $S^{2} \times(-A, \infty) \subset S^{2} \times \mathbb{R}$.
(iii) The scalar curvature is bounded from below by 1 and attains its maximum $S_{0}:=S(0)$ at the point $p_{\text {stan }}=0$ which we call the tip.
Consider again the Ricci flow with surgery $\mathcal{M}$ and the manifold $\left(\widetilde{\Omega}^{k}, g_{T}^{k}\right)$. For every horn $N_{i}^{\prime} \subset \widetilde{\Omega}^{k}$ we find points $x_{i} \in V_{i}$ with $S\left(x_{i}, 0\right)=\max \left\{\frac{1}{h^{2}(\delta) r^{2}}, \frac{1}{\delta^{2} r^{2}}\right\}$. By the preceding Lemma these points are centers of strong $\delta$-necks. Choose $\delta$-homotheties with factors $\lambda_{i}$

$$
\Phi_{i}: S^{2} \times\left(-\frac{1}{\delta}, \frac{1}{\delta}\right) \rightarrow N_{i}^{\prime} .
$$

Set $h_{i}:=\lambda_{i}^{-2} \Phi_{i}^{*} g_{T}^{k}$. We assume $\frac{1}{\delta} \gg B$. In [KL, Lemma 71.20] it is shown that we can find metrics $h_{i}^{\prime}$ on $\left\{p_{\text {stan }}\right\} \cup S^{2} \times\left(-B, \frac{1}{\delta}\right) \approx \mathbb{B}^{3}$ such that
(i) The $\lambda_{i}^{2} h_{i}^{\prime}$ satisfy the 1-positive curvature condition for time $T$.
(ii) $h_{i}^{\prime}$ coincides with $h_{i}$ on $S^{2} \times\left[0, \frac{1}{\delta}\right.$ ).
(iii) The identity map $\left(\left\{p_{\text {stan }} \cup S^{2} \times\left(-B, \frac{1}{\delta}\right), g_{\text {stan }}\right) \rightarrow\left(\left\{p_{\text {stan }} \cup S^{2} \times\left(-B, \frac{1}{\delta}\right), h_{i}^{\prime}\right)\right.\right.$ is a $\delta^{\prime}$-isometry for all $i$ where $\delta^{\prime}(\delta)$ depends only on $\delta$ and $\delta^{\prime} \rightarrow 0$ for $\delta \rightarrow 0$.
(iv) The scalar curvature of $h_{i}^{\prime}$ is pointwise not less than the scalar curvature of $h_{i}$ on $S^{2} \times\left(-B, \frac{1}{\delta}\right)$.

We now cut along the cross sections $\Sigma_{i}:=\Phi_{i}\left(S^{2} \times\{0\}\right)$, glue in balls and endow the resulting manifold with the push forwards of the metrics $\lambda_{i}^{2} h_{i}^{\prime}$ under $\Phi_{i}$ on their images. Outside of the images of the $\Phi_{i}$ the metric remains unchanged. From the arisen components we discard all higher space forms and call the resulting manifold $\left(M^{k+1}, g_{T}^{k+1}\right)$. It is clear that $M^{k+1}$ satisfies the 1-positive curvature condition at time $T$. We will refer to this procedure in the following as $(r, \delta)$-cutoff.

Now consider the Ricci flow $M^{k+1} \times\left[T_{k}, T_{k+1}\right)$ with starting metric $g_{T_{k}}^{k+1}$ on a maximal time interval. Enlarge $\mathcal{M}$ by this solution and call the result $\mathcal{M}^{\prime}$. By Theorem 2.9.1, $\mathcal{M}^{\prime}$ still has 1-positive curvature. If $\mathcal{M}^{\prime}$ satisfies the canoncial neighborhood assumptons $\mathrm{CNA}\left(r^{\prime}, \varepsilon^{\prime}, E^{\prime}\right)$ for some $r^{\prime}, \varepsilon^{\prime}$ and $E^{\prime}$ at all non-presurgery points, we repeat the cutoff process for $r^{\prime}, \varepsilon^{\prime}$ and $E^{\prime}$.

Note that after an $(r, \delta)$-cutoff has taken place the manifold has lost a certain amount of volume that depends only on $r$ and $\delta$. Since the derivative $\frac{\mathrm{d}}{\mathrm{d} t} \operatorname{vol}_{t} M^{k}$ of the volume during the Ricci flow $M^{k} \times\left[T_{k-1}, T_{k}\right.$ ) is $-\int_{M^{k}} S \mathrm{~d} \mu_{t} \geq-\frac{3}{1+t} \mathrm{vol}_{t} M^{k}$ (by the 1-positive curvature condition), $(r, \delta)$-cutoff times cannot accumulate (for constant $r$ and $\delta$ ). However, a priori there might exist certain Ricci flows with surgery where we are forced to carry out $\left(r_{k}, \delta_{k}\right)$ cutoffs at times $t_{k}$ where $t_{k}<T<\infty$ for all $k$, but $\max \left\{\frac{1}{h^{2}\left(\delta_{k}\right) r_{k}^{2}}, \frac{1}{\delta_{k}^{2} r_{k}^{2}}\right\} \rightarrow \infty$. In the following sections we will show that we can control the parameters $r, \varepsilon, E$ in the canonical neighborhood assumptions sufficiently well to make this impossible.

### 7.3 The standard solution

In section 7.4 we will see that shortly after a surgery has taken place, the solution is close to a solution whose start metric is the standard cap $\left(M_{\text {stan }}, g_{\text {stan }}\right)$. We will refer to these solutions as standard solutions.

Definition 7.3 .1 (standard solution). A Ricci flow $\left(M_{\text {stan }} \times I, g_{t}\right)$ (where $I=[0, T)$ or $I=[0, T], T>0)$ with start metric $g_{0}=g_{\text {stan }}$ is called a standard solution if
(i) the Riemannian curvature is bounded on compact time intervals
(ii) the sectional curvature is everywhere nonnegative and
(iii) $M_{\text {stan }} \times I$ cannot be extended to a larger time interval $\left[0, T^{\prime}\right] \supsetneqq I$ such that properties (i) and (ii) still hold.

Obviously, every solution $M_{\text {stan }} \times I$ with start metric $M_{\text {stan }}$ that satisfies (i) and (ii), can be extended to a standard solution.

We will now derive some useful properties of standard solutions. For this we basically follow an idea of Bernhard Leeb as explained in [KL, Sec 59]. We mention that if we require the standard cap $\left(M_{\text {stan }}, g_{\text {stan }}\right)$ to be rotationally symmetric in $p_{\text {stan }}$, it is possible to prove that there is only one standard solution (this is a nontrivial statement, see [MT, Thm 12.5] or [KL, Sec 65]). However, the important properties of standard solutions can be proven without using this result.

Theorem 7.3.2. (a) Every standard solution $M_{\text {stan }} \times I$ is defined on $I=[0,1)$.
(b) There is a $c>0$ such that $S(x, t)>\frac{c}{1-t}$ on any standard solution.
(c) Moreover, we have $S \geq 1$ on every standard solution.
(d) For any $t<1$ there is a $C(t)<\infty$ such that $S<C(t)$ at times $[0, t]$ on every standard solution.
(e) For any $A<\infty$ and any $\delta, \theta>0$ there is a $B=B(A, \delta, \theta)$ such that for any $x \in$ $M_{\text {stan }} \backslash B\left(p_{\mathrm{stan}}, 0, B\right)$ on a standard solution $M_{\mathrm{stan}} \times I$ there is a smooth map

$$
S^{2} \times(-A, A) \xrightarrow{\Phi} M_{\text {stan }} \quad \text { with } \quad \Phi\left(S^{2} \times\{0\}\right) \ni x
$$

which is a $\delta$-isometry for times $[0,1-\theta)$ if we consider the standard round shrinking cylinder metric on $\left(S^{2} \times(-A, A)\right) \times[0,1)$.

Proof. Let $I_{0}=\left[0, T_{0}\right)$ or $\left[0, T_{0}\right]\left(T_{0} \geq 0\right)$ be the maximal interval such that any standard solution is defined for times $I_{0}$ and for any compact subinterval $J \subset I_{0}$ there is a uniform bound for the Riemannian curvature $R$ at times $J$ on all standard solutions $M_{\text {stan }} \times I$. We want to show that $I_{0}=[0,1)$.
step 1: For any standard solution $M_{\text {stan }} \times I$ there is a $\kappa>0$ such that $M_{\text {stan }} \times I$ is $\kappa$-noncollapsed at times $I \cap[0,1]$. If $T_{0}>0$, then $\kappa$ can be chosen independently of $M_{\text {stan }} \times I$.
This follows easily from the No Local Collapsing Theorem 4.2 .4 since $\left(M_{\text {stan }}, g_{\text {stan }}\right)$ is $\kappa^{\prime}$ noncollapsed for some $\kappa^{\prime}>0$. Observe that in order to apply Theorem 4.2.4 we need not only curvature control on the first time slice but also for some time $t^{\prime}$.
step 2: Let $M_{\text {stan }} \times I$ be a standard solution. Then for any $\varepsilon, \tau>0$ there is a number $r>0$ and an $E(\varepsilon)$ such that the canonical neighborhood assumptions $\mathrm{CNA}(r, \varepsilon, E)$ hold at times $I \cap[\tau, 1]$. Again, if $T_{0}>0$, then the constant $r$ depends only on $\varepsilon$ and $\tau$.
This is an immediate consequence of step 1 and the Canonical Neighborhood Theorem 6.3.2.
step 3: Let $M_{\text {stan }} \times I$ be a standard solution. For any compact $J \subset I$ and any $l \in \mathbb{N}_{0}$ there is a uniform bound for the curvature derivative $\nabla^{l} R$ at times $J$. If $T_{0}>0$, then these bounds are independent of $M_{\text {stan }} \times I$ for all $J \subset I_{0}$.
Assume $J=\left[0, T^{\prime}\right]$. Consider points $x \in M_{\text {stan }}$ far enough from $p_{\text {stan }}$ such that $B(x, 0,1) \subset$ $M_{\text {stan }}(0)$ is isometric to some ball $B\left(x^{\prime}, 0,1\right) \subset S^{2} \times \mathbb{R}$ in the standard round cylinder. We may extend the Ricci flow on $B(x, 0,1)$ backwards to a time interval $(-\tau, 0]$. By the local Shi estimates (see Theorem 2.6.2) we obtain a uniform bound for $\nabla^{l} R(x, t)$ at times $t \in\left[0, T^{\prime}\right]$. Hence outside some compact set $K \subset M_{\text {stan }}$ we can establish the required bound at times $\left[0, T^{\prime}\right]$. Now we apply the weak maximum principle on $K$ to the evolution equation of $\left\|\nabla^{l} R\right\|^{2}$ (see (2.3)). This shows that we can uniformly bound $\nabla^{l} R$ on $M_{\text {stan }} \times\left[0, T^{\prime}\right]$.
step 4: Let $M_{\mathrm{stan}} \times I$ be a standard solution and $x_{k} \in M_{\mathrm{stan}}$ a sequence such that $\operatorname{dist}_{0}\left(p_{\mathrm{stan}}, x_{k}\right) \rightarrow \infty$. Then a subsequence of the sequence of pointed Ricci flows $\left(M_{\operatorname{stan}} \times\right.$ $\left.I,\left(x_{k}, 0\right)\right)$ smoothly converges to the standard round shrinking cylinder $\left(S^{2} \times \mathbb{R}\right) \times I$. Moreover, $1 \notin I_{0}$ and any standard solution is at most defined for times $[0,1]$.
If $T_{0}>0$ we have: Let $M_{\mathrm{stan}}^{k} \times I^{k}$ be a sequence of standard solutions with tip $p_{\mathrm{stan}}^{k}$ and $x_{k} \in M_{\mathrm{stan}}^{k}$ such that $\operatorname{dist}_{0}\left(p_{\mathrm{stan}}^{k}, x_{k}\right) \rightarrow \infty$. Then a subsequence of the sequence of pointed Ricci flows $\left(M_{\mathrm{stan}}^{k} \times I_{0},\left(x_{k}, 0\right)\right)$ smoothly converges to the standard round shrinking cylin$\operatorname{der}\left(S^{2} \times \mathbb{R}\right) \times I_{0}$.
In the first case set $M_{\mathrm{stan}}^{k} \times I^{k}:=M_{\text {stan }} \times I$. Obviously we have smooth Gromov-Hausdorff convergence of the $\left(M_{\mathrm{stan}}^{k}(0), x_{k}\right)$ to the standard round cylinder $S^{2} \times \mathbb{R}$. By step 3 this convergence extends to the convergence of Ricci flows with limit $M_{\infty} \times I$ resp. $M_{\infty} \times I_{0}$. Since the limit is diffeomorphic to $S^{2} \times \mathbb{R}$ and has nonnegative sectional curvature, we get by the Ricci splitting Theorem 1.4.3 and Corollary 2.5.7 that $M_{\infty} \times I=(N \times \mathbb{R}) \times I$ resp. $M_{\infty} \times I_{0}=(N \times \mathbb{R}) \times I_{0}$ where $N \times I$ resp. $N \times I_{0}$ is a Ricci flow on the 2 -sphere $S^{2}$ with the round starting metric hence $N$ is round for all times $I$ resp. $I_{0}$.
step 5: If $T_{0}<1$, then $I_{0}=\left[0, T_{0}\right]$.
Assume that $I_{0}=\left[0, T_{0}\right)$ and particularly $T_{0}>0$. Observe that by step 1 there is a universal $\kappa>0$ such that all standard solutions are $\kappa$-noncollapsed. Using the canonical neighborhood assumptions and Lemma 6.2.2, it is easy to conclude that there is a $\kappa^{\prime}>0$ such that the time slices of all standard solutions are $\kappa^{\prime}$-noncollapsed on scales $<1$. We will first show that there is a radius $d$ such that we can uniformly bound the curvature on balls $\left(M_{\text {stan }} \backslash B_{d}(p, 0)\right) \times I_{0}$ for all standard solutions $M_{\text {stan }} \times I$. If this were not the case, we could find a sequence of standard solutions $M_{\text {stan }}^{k} \times I^{k}$ with tips $p_{\text {stan }}^{k}$ and points $\left(x_{k}, t_{k}\right) \in M_{\mathrm{stan}}^{k} \times I^{k}$ such that $\operatorname{dist}_{0}\left(p_{\mathrm{stan}}^{k}, x_{k}\right) \rightarrow \infty$ and $S\left(x_{k}, t_{k}\right) \rightarrow \infty$ contradicting step 4 and Lemma 6.2.2. Now by the bounded curvature at bounded distances result, Proposition 6.2.4, and the fact that the metric shrinks we get global bounds on $S$. Thus we can extend all standard solutions until time $T_{0}$ and bound the curvature for all times $\left[0, T_{0}\right]$.

$$
\text { step 6: } I_{0}=[0,1)
$$

Assume not. By step 5 we must have $I_{0}=\left[0, T_{0}\right]$.
We first show that there is a $\tau>0$ such that we can uniformly control the curvature at times $\left[0, T_{0}+\tau\right] \cap I$ for all all standard solutions $M_{\text {stan }} \times I$. In the case $T_{0}>0$ this easily follows from step 2 and Lemma 6.2 .2 . If $T_{0}=0$, we have to make some more effort: Let $M_{\text {stan }} \times I$ be a standard solution. Using the first assertion of step 4, we conclude that for some large $d$ we have $S(\cdot, t)<2$ on $\left(M_{\text {stan }} \backslash B_{d}\left(p_{\text {stan }}, 0\right)\right) \times\left[0, \frac{1}{8}\right]$ (otherwise we could find a sequence of points $x_{k} \in M_{\text {stan }}$ and times $t_{k} \in\left[0, \frac{1}{8}\right]$ with $\operatorname{dist}\left(p_{\text {stan }}, x_{k}\right) \rightarrow \infty$ and
$\left.S\left(x_{k}, t_{k}\right) \geq 2\right)$. Now we can apply the weak maximum principle on $\bar{B}_{d}\left(p_{\text {stan }}, 0\right)$ for times $\left[0, \frac{1}{4}\right]$ and conclude analogously to Corollary 2.5 .5 that $S<4$ on $B_{d}\left(p_{\text {stan }}, 0\right) \times\left[0, \frac{1}{8}\right]$.

Let $C$ be the bound for the scalar curvature corresponding to the time interval $\left[0, T_{0}+\right.$ $\tau]$. Set $\tau^{\prime}:=\min \left\{\tau, \frac{1}{4} C^{-1}\right\}$. We now show that any standard solution is defined for at least the times $\left[0, T_{0}+\tau^{\prime}\right]$. Let $M_{\text {stan }} \times I$ be a standard solution with tip $p_{\text {stan }}$ and assume $I \varsubsetneqq\left[0, T_{0}+\tau^{\prime}\right]$. Then $I=[0, T]$ for some $T_{0} \leq T \leq 1$. We want to extend the Ricci flow past $T$. Take a divergent sequence $x_{k} \in M_{\text {stan }}^{k}$. The sequence of pointed Ricci flows ( $\left.M_{\text {stan }} \times[0, T],\left(x_{k}, 0\right)\right)$ subconverges by the results of step 4 to the standard round shrinking cylinder solution $\left(S^{2} \times \mathbb{R}\right) \times[0, T]$. Thus $\left(M_{\text {stan }}(T), x_{k}\right)$ subconverges to $\left(\left(S^{2} \times \mathbb{R}\right)(T), x_{\infty}\right)$ and we find regions in $M_{\text {stan }}(T)$ that are arbitrarily close to arbitrarily long cylinders of scalar curvature $\frac{1}{1-T}$. By cutting along central 2 -spheres of these cylinders and gluing in a ball with standardized geometry, we can present ( $M_{\text {stan }}(T), p_{\text {stan }}$ ) as a limit of compact, pointed 3 -manifolds $\left(M_{k}^{\prime}, p_{k}^{\prime}\right)$ such that the curvature derivatives $\nabla^{l} R$ are uniformly bounded and the manifolds satisfy the $\varphi_{k}$-positive curvature condition at time $T$ with $\varphi_{k} \rightarrow 0$. By Theorems 2.7.1, 2.7.2 and Corollary 2.5 .5 we can evolve the metric on the manifolds $M_{k}^{\prime}$ to obtain Ricci flows $M_{k}^{\prime} \times\left[T, T+\tau^{\prime}\right]$ such that the scalar curvature is uniformly bounded by $2 C$. Moreover by Theorem 2.9.1 the curvature is $\varphi_{k}$-positive and thus the Riemannian curvature is uniformly bounded on the $M_{k}^{\prime} \times\left[T, T+\tau^{\prime}\right]$. Applying the weak maximum principle to the evolution equations of the $\left\|\nabla^{l} R\right\|^{2}$ (see (2.3)), we can uniformly bound the curvature derivatives on the $M_{k}^{\prime} \times\left[T, T+\tau^{\prime}\right]$. Thus the sequence $\left(M_{k}^{\prime} \times\left[T, T+\tau^{\prime}\right],\left(p_{k}^{\prime}, T\right)\right)$ subconverges to a Ricci flow $\left(M_{\infty} \times\left[T, T+\tau^{\prime}\right],\left(p_{\infty}^{\prime}, T\right)\right)$ of bounded nonnegative sectional curvature with starting metric $M_{\infty}(T)=M_{\text {stan }}(T)$. But this contradicts the fact that we cannot extend the Ricci flow $M_{\text {stan }} \times I$.
step 7: On any standard solution $M_{\text {stan }} \times I$ the sectional curvature is pointwise unbounded for $t \nearrow 1$ and thus $I=[0,1)$.
Assume that for some $x \in M_{\text {stan }}$ the curvature $S(x, \cdot)$ is bounded on $I$. By the bounded curvature at bounded distances result, Proposition 6.2.4, we have pointwise bounds on $S$ at times $I$ everywhere (recall from step 5 that the time slices of $M_{\text {stan }} \times I$ are $\kappa^{\prime}$-noncollapsed for some $\kappa^{\prime}>0$ ). So we can extend $M_{\text {stan }} \times I$ to time 1 . We will now analyze the time 1 metric on $M_{\text {stan }}$. The result of step 4 gives us that for any $\delta>0$ we find a sequence of times $t_{k}$ and a divergent sequence points $x_{k} \in M_{\text {stan }}$ such the points $\left(x_{k}, t_{k}\right)$ are centers of $\delta$-necks whose widths converge to 0 . Since the metric on $M_{\text {stan }} \times[0,1]$ shrinks, this gives us subsets $U_{k} \subset M_{\text {stan }}$ whose diameter at time 1 goes to 0 and which separate $M_{\text {stan }}$ into two pieces such that the part of $M_{\text {stan }} \backslash U_{k}$ that does not contain $p_{\text {stan }}$ is noncompact. Now we can deduce a contradiction as in the proof of Corollary 5.1.9.

## Conclusion

Assertions (a) and (d) are now clear and (e) follows from step 4. In order to prove (c) we observe first that for any $\delta, \theta>0$ we must have $S \geq 1-\delta$ outside some compact set $K \subset M_{\text {stan }}$ at times $[0,1-\theta)$. Otherwise we could find a divergent sequence of points $x_{k} \in M_{\text {stan }}$ with $S\left(x_{k}, t_{k}\right)<1-\delta$ for some $t_{k}$ contradicting (e). Applying the weak maximum principle (see Theorem 2.5.1) to the evolution equation of $S$ on $K$ (see (2.2)), we conclude that the lower bound $1-\delta$ holds everywhere on $M_{\text {stan }}$ at times $[0,1-\theta]$. Now let $\delta, \theta \rightarrow 0$.

Finally, assertion (b) can be proved with the result of step 7, step 2 and Lemma 6.2.2 for times $t \in\left[1-\frac{r^{2}}{\eta^{2}}, 1\right)$ and (c) for times $\left[0,1-\frac{r^{2}}{\eta^{2}}\right]$.

We will now classify the approximate geometry of neighborhoods around points in standard solutions on a local scale. As in Theorem 5.4 .11 we will be able to show that neighborhoods essentially look like necks or caps. However, we cannot expect that the necks are strong in the sense of Definition 5.4.4 since standard solutions are not ancient. For this we define:

Definition 7.3 .3 (strong $\varepsilon$-neck until time $t_{1}$ ). Let $\varepsilon>0, M \times I$ be a Ricci flow, $U \subset M$ an open subset and $J=\left[t_{1}, t_{2}\right] \subset I$ a closed subinterval. We say that $U \times J$ is a strong $\varepsilon$-neck until time $t_{1}$ if there is a scaling factor $\lambda>0$ such that after parabolically rescaling the flow on $U \times J$ by the factor $\lambda^{-1}$, there is a (bijective) diffeomorphism $\Phi$ : $S^{2} \times\left(-\frac{1}{\varepsilon}, \frac{1}{\varepsilon}\right) \rightarrow U$ that is an $\varepsilon$-isometry between the time $t$ metric of the standard round shrinking cylinder on $S^{2} \times\left(-\frac{1}{\varepsilon}, \frac{1}{\varepsilon}\right)$ and the time $t+\lambda^{-2} t_{2}$ metric on $\lambda^{-1}(M \times J)$ for all $t \in\left[-\lambda^{-2}\left(t_{2}-t_{1}\right), 0\right]$.
Moreover, we call $\left(x, t_{2}\right) \in U \times\left\{t_{2}\right\}$ a center of $U \times J$ if $x \in \Phi\left(S^{2} \times\{0\}\right)$ for such a $\Phi$.
Now we can formulate the result.
Theorem 7.3.4. There are $\eta^{\prime}<\infty$ and $\kappa_{0}^{\prime}>0$ and for every $\varepsilon>0$ there is an $E^{\prime \prime}(\varepsilon)<\infty$ such that we have the following classification:
If $(x, t)$ is a point in a standard solution $M_{\text {stan }} \times[0,1)$, then
(a) $(x, t)$ is the center of a strong $\varepsilon$-neck or
(b) $(x, t)$ is the center of an $\left(\varepsilon, E^{\prime \prime}\right)$-cap or
(c) $(x, t)$ is the center of a strong $\varepsilon$-neck until time 0 .

Moreover, $M_{\operatorname{stan}}(t)$ is $\kappa_{0}^{\prime}$-noncollapsed and

$$
\begin{equation*}
\left\|\nabla S^{-1 / 2}(x, t)\right\|<\frac{1}{2} \eta^{\prime} \quad \text { and } \quad\left|\partial_{t} S^{-1}(x, t)\right|<\left(\frac{1}{2} \eta^{\prime}\right)^{2} \tag{7.3}
\end{equation*}
$$

Proof. By the Canonical Neighborhood Theorem 6.3.2 and Theorem 7.3.2 (b) we know that there is some $\theta(\varepsilon)>0$ such that for $t>1-\theta$ case (a) or (b) applies. For times $t \leq 1-\theta$ we can use Lemma 7.3.2 (e) to conclude that cases (a) or (c) apply if $\operatorname{dist}_{0}\left(p_{\text {stan }}, x\right)$ is larger than some constant depending only on $\varepsilon$. Since we have universal bounds on the geometry $K \times[0,1-\theta]$ for any compact set $K \subset M_{\text {stan }}$ (this includes control over the curvature derivatives, see step 3 in the proof of Lemma 7.3.2), we can choose $E^{\prime \prime}$ so large that the remaining points satisfy (b). The last two assertions follow immediately.

Observe that if we increase the constants $\eta$ or $\eta^{\prime}$ from Corollary 5.2.9 resp. Theorem 7.3.4, all preceding assertions involving one of these two constants still hold true. So at this point, we may assume that $\eta=\eta^{\prime}$. Analogously, we may assume that $\kappa_{0}=\kappa_{0}^{\prime}$ and that the theorems and lemmas involving these constants stay true.

In order to extend strong necks over a singularity time, we prove the following
Lemma 7.3.5. For any $\varepsilon>0$ there is a $0<\bar{\varepsilon}(\varepsilon)<\varepsilon$ such that the following statement holds:
Consider a Ricci flow with surgery $\mathcal{M}$. Suppose that $\left(x, t_{2}\right) \in \mathcal{M}$ is the center of a strong $\bar{\varepsilon}$-neck $U_{2} \times\left[t_{1}, t_{2}\right]$ until time $t_{1}$ and $\left(x, t_{1}\right)$ is the center of a strong $\bar{\varepsilon}$-neck $U_{1} \times\left[t_{0}, t_{1}\right]$.
Then $(x, 0)$ is the center of a strong $\varepsilon$-neck.
Proof. Assume that this was wrong. Choose a sequence $\bar{\varepsilon}^{k} \rightarrow 0$ and find counterexamples $U_{1}^{k} \times\left[t_{0}^{k}, t_{1}^{k}\right], U_{2}^{k} \times\left[t_{1}^{k}, t_{2}^{k}\right] \subset \mathcal{M}^{k}$ and $\left(x^{k}, t_{2}^{k}\right) \in \mathcal{M}^{k}$. By shifting in time and parabolic rescaling we may assume that $t_{2}^{k}=0$ and $S\left(x^{k}, 0\right)=1$. Since $\left(x^{k}, 0\right)$ is not the center of a strong $\varepsilon$-neck, the $t_{1}^{k}$ are bounded from below. After choosing a subsequence, we may assume that $t_{1}^{k} \rightarrow t_{1}^{\infty} \leq 0$.

Since $\bar{\varepsilon}_{k} \rightarrow 0$, we have uniform bounds for the curvature and its derivatives on $U_{2}^{k} \times$ $\left[t_{1}^{k}, 0\right]$. So the scaling factor $\lambda^{k}$ of the $\bar{\varepsilon}^{k}$-neck $U_{1}^{k} \times\left[t_{0}^{k}, t_{1}^{k}\right]$ is bounded from below. This implies that $B_{d^{k}}\left(x^{k}, 0\right) \subset U_{1}^{k}, U_{2}^{k}$ for a certain sequence $d^{k} \rightarrow \infty$ and that $t_{0}^{k} \rightarrow-\infty$. Moreover, we have uniform time dependent bounds for the curvature and its derivatives on $P\left(x^{k}, 0, d^{k}, t_{0}^{k}\right)$.

So we have subconvergence of the $\left(P\left(x^{k}, 0, d^{k}, t_{0}^{k}\right),\left(x^{k}, 0\right)\right)$ to a Ricci flow $\left(M^{\infty} \times\right.$ $\left.(-\infty, 0],\left(x^{\infty}, 0\right)\right)$ that is isometric to the standard round shrinking cylinder at times $\left(-\infty, t_{1}^{\infty}\right]$ and $\left[t_{1}^{\infty}, 0\right]$, hence it is isometric to the standard round shrinking cylinder $\left(S^{2} \times \mathbb{R}\right) \times(-\infty, 0]$. A contradiction.

### 7.4 Ricci flows with surgery under canonical neighborhood assumptions

For the rest of this exposition we fix some constant $\varepsilon<\varepsilon_{0}$ and set $\bar{\varepsilon}:=\bar{\varepsilon}\left(\frac{\varepsilon}{2}\right)<\varepsilon$ as in Lemma 7.3.5. Furthermore set

$$
E_{0}:=\max \left\{4 E_{\kappa_{0}}\left(\frac{\varepsilon}{4}\right), 4 E^{\prime \prime}\left(\frac{\bar{\varepsilon}}{4}\right)\right\}
$$

where $E$ denotes the constant from Theorem 5.4.11, $\kappa_{0}$ the constant from Theorem 5.4.13 and $E^{\prime \prime}$ the constant from Theorem 7.3.4.

Now let $0<r<1$ and $\delta>0$ be arbitrary constants. In this section we study Ricci flows with surgery $\mathcal{M}$ that satisfy the following properties:
(i) $\mathcal{M}$ is defined on some time interval $I=[0, T)$ or $[0, T]$ and has normalized initial conditions.
(ii) At every surgery time the surgeries are performed by $\left(r^{\prime}(t), \delta^{\prime}(t)\right)$-cutoff, where $r^{\prime}(t)$ and $\delta^{\prime}(t)$ are constants depending on time such that $0<r^{\prime}<1$ and $0<\delta^{\prime}<\delta$. We assume furthermore, that for every surgery time $t$ the canoncial neighborhood assumptions $\mathrm{CNA}\left(r^{\prime}(t), \varepsilon, E_{0}\right)$ hold at all non-presurgery points on $[0, t)$ to make the surgery step possible.
(iii) The canonical neighborhood assumptions $\operatorname{CNA}\left(\frac{1}{2} r, 2 \varepsilon, 2 E_{0}\right)$ hold at all non-presurgery points.

The first Lemma gives a description of how neighborhoods near surgeries look like.
Lemma 7.4.1. Let $(p, t) \in \mathcal{M}$ be the tip of a surgery and $A<\infty, \theta, \varphi>0$. If $\delta<$ $\delta_{1}(A, \theta, \varphi)$ then there is some $0 \leq \sigma \leq 1-\theta$ and a standard solution $M_{\operatorname{stan}} \times[0,1)$ (with tip $\left.p_{\text {stan }}\right)$ such that there is a $\varphi$-homothety

$$
M_{\text {stan }} \times[0,1) \supset B(p, 0, A) \times[0, \sigma) \xrightarrow{\Phi} \mathcal{M} \quad \text { with } \quad\left(p_{\text {stan }}, 0\right) \mapsto(p, t)
$$

whose image only meets surgery points at its first time slice.
Furthermore, if $\sigma<1-\theta$, then no point of $\Phi\left(B_{A}(p, 0) \times\{0\}\right)$ survives past the final time of $\overline{\operatorname{Im} \Phi}$ (this may be due to surgeries or to the fact that the final time of $\mathcal{M}$ is reached).

Observe that $\delta_{1}$ does not depend on $r$.

Proof. Fix $A, \theta, \varphi$. Assume that the assertion was wrong. Choose a sequence $\delta_{k} \rightarrow 0$ and consider counterexamples $\mathcal{M}_{k}$ for each $\delta_{k}$ together with constants $0<r_{k}<1$ and tips of surgeries $\left(p_{k}, t_{k}\right) \in \mathcal{M}_{k}$. Observe that $S\left(p_{k}, t_{k}\right) \geq \frac{1}{\delta_{k}^{2} r_{k}^{2}} \rightarrow \infty$. Shift the $\mathcal{M}_{k}$ in time and rescale to get $\mathcal{M}_{k}^{\prime}$ such that for the corresponding tips of surgeries $\left(p_{k}^{\prime}, 0\right) \in \mathcal{M}_{k}^{\prime}$ we have $S\left(p_{k}^{\prime}, 0\right)=S_{0}$. Then the $\mathcal{M}_{k}^{\prime}$ have $S_{0} S^{-1}\left(p_{k}, t_{k}\right)$-positive curvature.

Observe that the time $0^{-}$slices $\mathcal{M}_{k}^{\prime}\left(0^{-}\right)$contain the final time slices $V_{k}^{\prime}$ of strong $\delta_{k^{-}}$ necks whose metric will be changed on one half during the cutoff process and remain the same on the other. Let $V_{k} \subset \mathcal{M}^{\prime}\left(0^{+}\right)$be the open sets that come out of the $V_{k}^{\prime}$ after the cutoff (i.e. the union of the half that has not been changed and the part that carries the new metric). For large $k$ we can assume $B_{\frac{1}{2} \delta_{k}^{-1}}\left(p_{k}^{\prime}, 0\right) \subset V_{k}$. Together with the remarks in section 7.2 , we find that the pointed manifolds ( $V_{k}, p_{k}^{\prime}$ ) smoothly converge to the standard cap ( $\left.M_{\text {stan }}, p_{\text {stan }}\right)$.

Let $\sigma_{0} \in[0,1]$ be maximal with the property that after passing to a subsequence there are sequences $d_{k} \rightarrow \infty$ and $\tau_{k} \rightarrow 0$ such that the parabolic neighborhoods $P\left(p_{k}^{\prime}, 0, d_{k}, \sigma_{0}-\right.$ $\tau_{k}$ ) are non-singular and we have convergence

$$
\begin{equation*}
\left(P\left(p_{k}^{\prime}, 0, d_{k}, \sigma_{0}-\tau_{k}\right),\left(p_{k}^{\prime}, 0\right)\right) \underset{k \rightarrow \infty}{\longrightarrow}\left(M_{\infty} \times\left[0, \sigma_{0}\right),\left(p_{\infty}, 0\right)\right) \tag{7.4}
\end{equation*}
$$

Obviously, the sectional curvature on $M_{\infty} \times\left[0, \sigma_{0}\right)$ is nonnegative and $M_{\infty}(0)=M_{\text {stan }}$. So $M_{\infty} \times\left[0, \sigma_{0}\right)$ is the restriction of a standard solution $M_{\text {stan }} \times[0,1)$ to the time interval $\left[0, \sigma_{0}\right)$. If $\sigma_{0}>1-\theta$, then the Lemma follows immediately.

Suppose now that $\sigma_{0} \leq 1-\theta$. By Lemma 7.3.2 (d) we have a uniform bound $C$ on the scalar curvature of $M_{\infty} \times\left[0, \sigma_{0}\right)$. Let $\tau>0$ be a small constant that we will specify later. Assume that for a subsequence there is a sequence $d_{k}^{\prime} \rightarrow \infty$ such that $P\left(p_{k}^{\prime}, 0, d_{k}^{\prime}, \sigma_{0}+\tau\right)$ is non-singular. We may assume $d_{k}^{\prime}<\frac{1}{2} \delta_{k}^{-1}$. Then for sufficiently small $\tau$ we can use Lemma 6.2 .2 to bound the curvature uniformly on these parabolic neighborhoods. Analogously to the proof of step 3 in Theorem 7.3.2 this bound implies bounds for the curvature derivatives $\nabla^{l} R$ : The local Shi estimates give bounds for the $\nabla^{l} R$ on $V_{k} \backslash B_{\frac{1}{2} \delta_{k}^{-1}}\left(p_{k}^{\prime}, 0\right)$ since the metric remained unchanged on this set during the surgery process. On $\bar{B}_{\frac{1}{2} \delta_{k}^{-1}}\left(p_{k}^{\prime}, 0\right)$ we can apply the weak maximum principle to the evolution equations of the $\left\|\nabla^{l} R\right\|^{2}$.

So we can find a subsequence such that the convergence (7.4) applies for $\sigma_{0}$ replaced by $\sigma_{0}+\tau, d_{k}$ replaced by $d_{k}^{\prime}$ and $\tau_{k}=0$. A contradiction to the maximality of $\sigma_{0}$. Thus we conclude that there is a $d<\infty$ such that $P\left(p_{k}^{\prime}, 0, d, \sigma_{0}+\tau\right)$ is singular for large $k$. Set $A^{\prime}:=\max \{A, d\}$.

For any $k$ let $\sigma_{k}$ be supremal with the property that $P\left(p_{k}^{\prime}, 0, A^{\prime}, \sigma_{k}\right)$ is non-singular. Obviously, $\sigma_{k} \leq \sigma_{0}+\tau$ for large $k$ and $\liminf _{k \rightarrow \infty} \sigma_{k} \geq \sigma_{0}$. So there are points $x_{k} \in$ $B_{A^{\prime}}\left(p_{k}^{\prime}, 0\right)$ that do not survive past time $\sigma_{k}$. Assume that for some $k$ there is a point $y_{k} \in B_{A^{\prime}}\left(p_{k}^{\prime}, 0\right)$ that does. Then there is a point $z_{k} \in B_{A^{\prime}}\left(p_{k}^{\prime}, 0\right)$ that is the center of a strong $\delta_{k}$-neck at time $\sigma_{k}$ at which a surgery is performed. If $\tau$ is small enough, we have a uniform upper bound on the curvature in $\left(z_{k}, \sigma_{k}\right)$. So we can bound the length and the living time of this strong $\delta_{k}$-neck from below in terms of $\delta_{k}$. But this implies that the point $\left(p_{k}^{\prime}, 0\right)$ must lie in the interior of this strong neck for large $k$. A contradiction. So for large $k$ no point in $B_{A^{\prime}}\left(p_{k}^{\prime}, 0\right)$ survives past time $\sigma_{k}$.

Finally, we have to show that the solutions on $P\left(p_{k}^{\prime}, 0, A, \sigma_{k}\right) \backslash B_{A}\left(p_{k}^{\prime}, \sigma_{k}\right)$ get arbitrarily close to the solution on $B_{A}\left(p_{\text {stan }}, 0\right) \times\left[0, \sigma_{k}\right) \subset M_{\text {stan }} \times\left[0, \sigma_{k}\right)$ if $k$ is sufficiently large and $\tau$ sufficiently small. This is clear, if $\sigma_{k} \leq \sigma_{0}$. If $\sigma_{k}>\sigma_{0}$, observe that $\sigma_{k} \leq \sigma_{0}+\tau$ for large $k$ and thus for $\tau$ sufficiently small, the metrics on $P\left(p_{k}^{\prime}, 0, A, \sigma_{k}\right) \backslash P\left(p_{k}^{\prime}, 0, A, \sigma_{0}\right)$ and $B_{A}\left(p_{\text {stan }}, 0\right) \times\left[\sigma_{0}, \sigma_{k}\right)$ are sufficiently close to the metric on their first time slice (in the smooth sense) to conclude the desired result. Recall hereby that we have uniform bounds on the curvature derivatives $\nabla^{l} R$.

Let $\left(x_{0}, t_{0}\right) \in \mathcal{M}$ be a point such that $t_{0}$ is larger than or equal to the last surgery time. If $t_{0}$ is equal to the last surgery time, we consider $t_{0}$ as a postsurgery time. The next Lemma asserts that if ( $x_{0}, t_{0}$ ) has nearby surgeries, then it already has a canonical neighborhood.

Lemma 7.4.2. For every $\theta>0$ and $A<\infty$ and if $\delta<\delta_{2}(A, \theta)$, we have the following: Assume that
(i) the point $(x, t) \in \mathcal{M}$ is a surgery point and let $(p, t) \in \mathcal{M}$ be the tip of the corresponding surgery.
(ii) $t_{0}-t \leq(1-\theta) S_{0} S^{-1}(p, t)$.
(iii) the point $(x, t)$ survives (at least) until time $t_{0}$.
(iv) $\operatorname{dist}_{t_{0}}\left(x, x_{0}\right)<A S_{0}^{1 / 2} S^{-1 / 2}(p, t)$.

Then $\left(x_{0}, t_{0}\right)$ satisfies the canonical neighborhood assumptions $\operatorname{CNA}\left(2 r, \frac{\varepsilon}{2}, \frac{E_{0}}{2}\right)$.

Proof. Observe first that by the way the surgeries are performed there is a universal constant $d_{0}$ such that $\operatorname{dist}_{t}(p, x)<d_{0} S_{0}^{1 / 2} S^{-1 / 2}(p, t)$. Let $C$ be a universal bound for the distance distortion on $M_{\text {stan }} \times\left[0,1-\frac{\theta}{2}\right]$ on any standard solution $M_{\text {stan }} \times[0,1$ ) (see Theorem 7.3.2 (d) and 2.3.1). That is to say $\frac{1}{C} \operatorname{dist}_{t_{1}} \leq \operatorname{dist}_{t_{2}} \leq C \operatorname{dist}_{t_{1}}$ for any $t_{1}, t_{2} \in\left[0,1-\frac{\theta}{2}\right]$. Set $A^{\prime}:=2 d_{0}+2 A C+\max \left\{E_{0}^{2}, 2 \varepsilon^{-1}\right\} C$.

In the course of the proof we will choose $\delta_{2}$ smaller and smaller. It will be easy to check that $\delta_{2}$ only depends on $A$ and $\theta$. Assume first that $\delta_{2}<\delta_{1}\left(A^{\prime}, \frac{1}{2} \theta, \varphi\right)$ where $\delta_{1}$ denotes the constant from Lemma 7.4.1 and $\varphi>0$ a constant that we will specify later. By Lemma 7.4.1 there is a standard solution $M_{\text {stan }} \times[0,1)$ with tip $p_{\text {stan }}$ and a $\varphi$-homothety with scaling factor $\lambda$

$$
M_{\text {stan }} \times[0,1) \supset B_{A^{\prime}}\left(p_{\text {stan }}, 0\right) \times[0, \sigma) \xrightarrow{\Phi} \mathcal{M} \quad \text { with } \quad\left(p_{\text {stan }}, 0\right) \mapsto(p, t)
$$

for some $0 \leq \sigma \leq 1-\frac{1}{2} \theta$. For sufficiently small $\varphi$ we can assume that $\lambda S_{0}^{-1 / 2} S^{1 / 2}(p, t)$ is arbitrarily close to 1 . Since $x$ survives until time $t_{0}$, we conclude from (ii) that if $\varphi$ is sufficiently small, $t_{0}$ is not larger than the final time of $\overline{\operatorname{Im} \Phi}$, i.e. $t_{0} \leq t+\lambda^{2} \sigma$. Let $\left(x^{\prime}, t^{\prime}\right) \in M_{\text {stan }} \times[0,1)$ be the point corresponding to $\left(x_{0}, t_{0}\right)$ under $\Phi$ (if $t^{\prime}=\sigma$ this means $\left.\lim _{s \rightarrow t^{\prime}} \Phi\left(x^{\prime}, s\right)=\left(x_{0}, t_{0}\right)\right)$. Choosing $\varphi$ sufficiently small, we may assume that $\left(x^{\prime}, t^{\prime}\right) \in P\left(p_{\text {stan }}, 0,2 d_{0}+2 A C, 1-\frac{\theta}{2}\right)$.

Assume first that the balls $B_{E_{0}^{2} S^{-1 / 2}\left(x_{0}, t_{0}\right)}\left(x_{0}, t_{0}\right)$ and $B_{4 \varepsilon^{-1} S^{-1 / 2}\left(x_{0}, t_{0}\right)}\left(x_{0}, t_{0}\right)$ do not contain any postsurgery points. By Theorem 7.3 .4 the point $\left(x^{\prime}, t^{\prime}\right)$ is the center of a strong $\frac{\bar{\varepsilon}}{4}$-neck, an $\left(\frac{\bar{\varepsilon}}{4}, \frac{E_{0}}{4}\right)$-cap or a strong $\frac{\bar{\varepsilon}}{4}$-neck until time 0 . Since the scalar curvature on $M_{\text {stan }} \times[0,1)$ is uniformly bounded from below by 1 , the scaling factor of these necks can be assumed to be less than 2 . Now we may conclude that if $\varphi$ is smaller than some universal constant, the point $\left(x_{0}, t_{0}\right)$ must be the center of a strong $\frac{\varepsilon}{2}$-neck, an $\left(\frac{\varepsilon}{2}, \frac{E_{0}}{2}\right)$ cap or a strong $\frac{\bar{\varepsilon}}{2}$-neck until time $t$. Observe that here we have used the following fact: For every $\varphi_{2}$ and $\lambda>0$ there is a $\varphi_{1}\left(\varphi_{2}, \lambda\right)>0$ that is nonincreasing in $\lambda$ such that if $\Psi: N_{1} \rightarrow N_{2}$ is a $\varphi_{1}$-isometry between two Riemannian manifolds $\left(N_{1}, g_{1}\right)$ and $\left(N_{2}, g_{2}\right)$ then $\Psi$ is a $\varphi_{2}$-isometry between the rescaled manifolds $\lambda^{-1} N_{1}$ and $\lambda^{-1} N_{2}$.

Now suppose that $B_{E_{0}^{2} S^{-1 / 2}\left(x_{0}, t_{0}\right)}\left(x_{0}, t_{0}\right)$ or $B_{4 \varepsilon^{-1} S^{-1 / 2}\left(x_{0}, t_{0}\right)}\left(x_{0}, t_{0}\right)$ does contain a postsurgery point $\left(x^{*}, t_{0}\right)$. Denote by $\left(p^{*}, t_{0}\right)$ the tip of the corresponding surgery cap. Observe that by the fact that $\left(x_{0}, t_{0}\right) \in \overline{\operatorname{Im} \Phi}$ there is a (universal) $C^{\prime}$ such that $S\left(p^{*}, t_{0}\right)<$ $C^{\prime} S\left(x_{0}, t_{0}\right)$. Moreover, we can estimate $\operatorname{dist}_{t_{0}}\left(x^{*}, x_{0}\right) S_{0}^{-1 / 2} S^{1 / 2}\left(p^{*}, t_{0}\right)$ from above by a universal constant. Now assume $\delta_{2}$ to be sufficiently small such that we can repeat the preceding arguments for $\left(x^{*}, t_{0}\right)$ instead of $(x, t)$ and $\left(p^{*}, t_{0}\right)$ instead of $(p, t)$. Thus we can still assume that in this case $\left(x_{0}, t_{0}\right)$ is the center of an $\left(\frac{\varepsilon}{2}, \frac{E_{0}}{2}\right)$-cap or a strong $\frac{\bar{\varepsilon}}{2}$-neck until time $t_{0}$ (in the latter case the strong neck until time $t_{0}$ is actually a neck).

In the case in which $\left(x_{0}, t_{0}\right)$ is the center of a strong $\frac{\varepsilon}{2}$-neck or an $\left(\frac{\varepsilon}{2}, \frac{E_{0}}{2}\right)$-cap, we are done. Assume now that $\left(x_{0}, t_{0}\right)$ is the center of a strong $\bar{\varepsilon}$-neck until time $t$ resp. $t_{0}$. Now consider the point $\left(x_{0}, t^{-}\right) \in \mathcal{M}\left(t^{-}\right)$resp. $\left(x_{0}, t_{0}^{-}\right) \in \mathcal{M}\left(t_{0}^{-}\right)$. Since $\left(x_{0}, t^{+}\right)$lies close to $\left(p, t^{+}\right)$resp. $\left(p^{*}, t_{0}^{+}\right)$, the point $\left(x_{0}, t^{-}\right)$resp. $\left(x_{0}, t_{0}^{-}\right)$has to lie close to the center of a strong $\delta$-neck. In particular for sufficiently small $\delta$ we get that $\left(x_{0}, t^{-}\right)$resp. $\left(x_{0}, t_{0}^{-}\right)$is the center of a strong $\bar{\varepsilon}$-neck and by Lemma 7.3 .5 we conclude that $\left(x_{0}, t_{0}\right)$ is the center of a strong $\frac{\varepsilon}{2}$-neck.

It is now easy to show that $\left(x_{0}, t_{0}\right)$ also satisfies properties $(A)$ and (B) of the canonical neighborhood assumptions $\operatorname{CNA}\left(2 r, \frac{\varepsilon}{2}, \frac{E_{0}}{2}\right)$ (use the last two assertions of Theorem 7.3.4).

Assume now, that $\left(x_{0}, t_{0}\right)$ does not satisfy $\operatorname{CNA}\left(2 r, \frac{\varepsilon}{2}, \frac{E_{0}}{2}\right)$. As a preparation for subsection 7.5 we discuss a tool that will help us to exclude surgery points in larger and larger parabolic neighborhoods around $\left(x_{0}, t_{0}\right)$.

Lemma 7.4.3. There are numbers $\alpha, \beta>0$ such that under the above assumptions we have:
Assume that $\left(x_{0}, t_{0}\right)$ does not satisfy $\operatorname{CNA}\left(2 r, \frac{\varepsilon}{2}, \frac{E_{0}}{2}\right)$. Let $Q:=S\left(x_{0}, t_{0}\right)$.
(i) For any $a, K<\infty$ there is a $\delta_{3}(a, K)$ such that the following holds: If $\delta<\delta_{3}$ and $S \leq K Q$ on $B_{a Q^{-1 / 2}}\left(x_{0}, t_{0}\right)$ and if the ball doesn't contain surgery points, then $P\left(x_{0}, t_{0},\left(a+\alpha K^{-1 / 2}\right) Q^{-1 / 2},-\beta K^{-1} Q^{-1}\right)$ doesn't contain surgery points either.
(ii) For any $a, b, K<\infty$ there is a $\delta_{4}(a, b, K)$ such that the following holds:

If $\delta<\delta_{4}$ and $S \leq K Q$ on $P\left(x_{0}, t_{0}, a Q^{-1 / 2},-b Q^{-1}\right)$ and if this parabolic neighborhood doesn't contain surgery points, then $P\left(x_{0}, t_{0}, a Q^{-1 / 2},-\left(b+\beta K^{-1}\right) Q^{-1}\right)$ doesn't contain any surgery points either.

Proof. Observe that $Q=S\left(x_{0}, t_{0}\right)>\frac{1}{4 r^{2}}$. So the canonical neighborhood assumptions $\operatorname{CNA}\left(\frac{1}{4} Q^{-1 / 2}, 2 \varepsilon, 2 E_{0}\right)$ hold at all non-presurgery points. Without loss of generality we may assume that $K \geq 16$. Set

$$
\alpha:=\frac{1}{2 \eta}, \quad \beta:=\min \left\{\frac{1}{8 \eta^{2}}, \frac{1}{32}\right\} .
$$

(i) For $A:=4(a \sqrt{K}+\alpha)$ assume that $\delta_{4}<\delta_{2}\left(A, \frac{1}{2}\right)$ where $\delta_{2}$ denotes the constant obtained from Lemma 7.4.2. Moreover, assume $\delta_{4}$ to be so small such that for any surgery point $\left(x, t^{+}\right) \in \mathcal{M}$ and tip ( $p, t$ ) of the corresponding surgery cap we have $S(p, t)<2 S_{0} S\left(x, t^{+}\right)$.
Assume that the hypothesis was wrong. Then there is a post-surgery point $\left(x, t^{+}\right) \in$ $P\left(x_{0}, t_{0},\left(a+\alpha K^{-1 / 2}\right) Q^{-1 / 2},-\beta K^{-1 / 2} Q^{-1 / 2}\right)$ that survives until time $t_{0}$. Let $(p, t)$ be the tip of the corresponding surgery cap. We will first estimate $S(p, t)$ from above. From Lemma 6.2.1 we get

$$
S^{-1 / 2}\left(x, t_{0}\right)>(K Q)^{-1 / 2}-\eta \alpha(K Q)^{-1 / 2}=\frac{1}{2}(K Q)^{-1 / 2}
$$

and Lemma 6.2.2 gives

$$
S^{-1}\left(x, t^{+}\right)>S^{-1}\left(x, t_{0}\right)-\eta^{2} \beta(K Q)^{-1}>\frac{1}{4}(K Q)^{-1}-\eta^{2} \beta(K Q)^{-1} \geq \frac{1}{8}(K Q)^{-1}
$$

So $S(p, t)<16 S_{0} K Q$.
Since $t_{0}-t \leq \beta(K Q)^{-1} \leq \frac{1}{32}(K Q)^{-1}<\frac{1}{2} S_{0} S^{-1}\left(p, t^{+}\right)$and $\operatorname{dist}_{t_{0}}\left(x, x_{0}\right)<(a+$ $\left.\alpha K^{-1 / 2}\right) Q^{-1 / 2}=A(16 K Q)^{-1 / 2}<A S_{0}^{-1 / 2} S^{-1 / 2}(p, t)$ we may apply Lemma 7.4.2 to find that $\left(x_{0}, t_{0}\right)$ already has a canonical neighborhood. A contradiction.
(ii) Choose $d_{0}$ so large that for any surgery point $(x, t) \in \mathcal{M}$ and tip of the corresponding surgery $(p, t)$ we have $\operatorname{dist}_{t}(x, p)<d_{0} S_{0}^{1 / 2} S^{-1 / 2}(p, t)$. Set

$$
\begin{gathered}
\theta_{1}:=\frac{c}{16(b K+\beta)}, \quad \theta_{2}:=\min \left\{\frac{\theta_{1}}{2}, \frac{1}{2}\right\}, \quad \mu:=\min \left\{\frac{1-\theta_{2}}{1-\theta_{1}}, 2\right\}>1, \\
A_{1}:=2 d_{0}, \quad A_{2}:=a \sqrt{2 K}
\end{gathered}
$$

and choose $\varphi_{1}>0$ so small such that any $\varphi_{1}$-isometry $\Phi: N \rightarrow N^{\prime}$ is 2-Lipschitz and distorts the scalar curvature by a factor of at most $\mu$, i.e. $\frac{1}{\mu} S<S \circ \Phi<\mu S$. Now set $\delta_{4}(a, b, K):=\min \left\{\delta_{1}\left(A_{1}, \theta_{1}, \varphi_{1}\right), \delta_{2}\left(A_{2}, \theta_{2}\right)\right\}$ where $\delta_{1}, \delta_{2}$ denote the constants obtained in Lemma 7.4.1 and 7.4.2.

Choose $0 \leq \tau \leq \beta(K Q)^{-1}$ maximal with the property that there are no surgeries in the parabolic neighborhood $P:=P\left(x_{0}, t_{0}, a Q^{-1 / 2},-b Q^{-1}-\tau\right)$ except maybe at its time $T-b Q^{-1}-\tau$ slice. By Lemma 6.2.2 we have on $P$

$$
S^{-1} \geq(K Q)^{-1}-\beta(K Q)^{-1} \eta^{2}>\frac{1}{2}(K Q)^{-1} \quad \Longrightarrow \quad S<2 K Q .
$$

Now assume that there is a surgery point $(x, t) \in P$ with $t=T-b Q^{-1}-\tau$. Let $(p, t)$ be the tip of the corresponding surgery cap. We have $S(p, t) \leq 2 K Q$ and thus

$$
\operatorname{dist}_{t_{0}}\left(x, x_{0}\right)<a Q^{-1 / 2}=A_{2}(2 K Q)^{-1 / 2}<A_{2} S_{0}^{-1 / 2} S^{-1 / 2}(p, t)
$$

An application of Lemma 7.4 .1 with parameters $A_{1}, \theta_{1}$ and $\varphi_{1}$ to the point $(p, t)$ shows us that there is $0 \leq \sigma \leq 1-\theta_{1}$, a standard solution $M_{\text {stan }} \times[0,1)$ and a $\varphi_{1}$-homothety with scaling factor $\lambda$

$$
M_{\text {stan }} \times[0,1) \supset B_{A}\left(p_{\text {stan }}, 0\right) \times[0, \sigma) \xrightarrow{\Phi} \mathcal{M} \quad \text { with } \quad\left(p_{\text {stan }}, 0\right) \rightarrow(p, t) .
$$

By the choice of $\varphi_{1}$ we have $\frac{S_{0}}{\lambda^{2}}>\frac{1}{\mu} S(p, t)$.
Observe that the point ( $x, t^{+}$) survives until time $t_{0}$. So if $\sigma<1-\theta_{1}$, the final time of $\operatorname{Im} \Phi$ must be not less than $t_{0}$ and

$$
t_{0}-t \leq \sigma \lambda^{2}<\left(1-\theta_{1}\right) \mu S_{0} S^{-1}(p, t) \leq\left(1-\theta_{2}\right) S_{0} S^{-1}(p, t) .
$$

Now Lemma 7.4.2 gives a contradiction.
On the other hand suppose that $\sigma=1-\theta_{1}$. By Theorem 7.3.2 (b) the scalar curvature on $M_{\text {stan }} \times[0,1)$ at the time $1-\theta_{1}$ slice is larger than $\frac{c}{\theta_{1}}=16(b K+\beta)$. So for $t^{\prime}:=t+\lambda^{2} \theta_{1} \in\left[t, t_{0}\right]$ we get

$$
\frac{1}{\mu} \cdot 16(b K+\beta) \cdot \frac{1}{\lambda^{2}}<S\left(x, t^{\prime}\right)<2 K Q \quad \Longrightarrow \quad\left(b+\beta K^{-1}\right) Q^{-1}<\frac{1}{4} \lambda^{2} .
$$

Hence

$$
\begin{aligned}
& t_{0}-t \leq\left(b+\beta K^{-1}\right) Q^{-1}<\frac{1}{4} \lambda^{2}<\frac{\mu}{4} S_{0} S^{-1}(p, t) \\
& \quad<\frac{1}{2} S_{0} S^{-1}(p, t) \leq\left(1-\theta_{2}\right) S_{0} S^{-1}(p, t)
\end{aligned}
$$

Applying Lemma 7.4.2 yields the desired contradiction.

### 7.5 Justification of the canonical neighborhood assumptions

Consider again Ricci flows with surgery $\mathcal{M}$ defined on $[0, T)$ that have normalized initial conditions. Let $I \subset[0, \infty)$ be an interval. $\mathcal{M}$ is said to satisfy some canonical neighborhood assumptions on $I$ if these assumptions hold at all points at times $I \cap[0, T)$. Analogously we define what it means to say that $\mathcal{M}$ is $\kappa$-noncollapsed on $I$. Let $\delta, r:[0, T) \rightarrow \mathbb{R}^{+}$ be functions. We say that $\mathcal{M}$ is a Ricci flow with $(\delta(t), r(t))$-cutoff if at any surgery time $t$ the surgeries are performed by $(\delta(t), r(t))$-cutoff.

We will now show that if we perform the $(\delta(t), r(t))$-cutoff appropriately (this will mean that $r(t)$ and $\delta(t)$ is smaller than some time dependent constants), every non-presurgery point satisfies some canonical neighborhood assumptions with constants that only depend on time and neither on the initial metric nor the number of surgeries performed so far. With this result it is clear that the construction of $\mathcal{M}$ as described in section 7.2 works and that we can control the parameters $r(t)$ and $\delta(t)$ sufficiently well to ensure that the surgery times cannot accumulate.

Theorem 7.5.1. There are sequences of positive numbers $r_{1}>r_{2}>\ldots, \kappa_{1}>\kappa_{2}>\ldots$ and $\delta_{1}>\delta_{2}>\ldots$ such that the following holds:
Let $0<\delta(t) \leq \delta_{j}$ and $0<r(t) \leq r_{j}$ on $\left[2^{j-1}, 2^{j}\right]$ (resp. [0, 2] for $j=1$ ). Assume that $\mathcal{M}$ is a 3 dimensional Ricci flow with surgery defined on a time interval $[0, T)$ with the following properties:
(i) $\mathcal{M}$ has normalized initial conditions,
(ii) the surgeries are performed by $(\delta(t), r(t))$-cutoff and
(iii) for every surgery time $t \in[0, T)$ the canonical neighborhood assumptions $\mathrm{CNA}\left(r(t), \varepsilon, E_{0}\right)$ hold at all non-presurgery points on $[0, t)$.
Then for all $j \geq 1$
(a) $\mathcal{M}$ is $\kappa_{j}$-noncollapsed on $\left[0,2^{j}\right]$ and
(b) the canonical neighborhood assumptions $\operatorname{CNA}\left(r_{j}, \varepsilon, E_{0}\right)$ hold at all non-presurgery points on $\left[0,2^{j}\right]$.

Lemma 7.5.2. Let $i \geq 0$ and $\kappa_{1}>\ldots>\kappa_{i}>0, r_{1}>\ldots>r_{i+1}>0$ and $\delta_{1}>\ldots>$ $\delta_{i-1}>0$. Then we can find some constants $\kappa_{i+1}, \delta>0$ such that:
Let $\delta_{i}, \delta_{i+1} \leq \delta\left(\right.$ resp. $\delta_{i+1} \leq \delta$ if $\left.i=0\right), 0<\delta(t) \leq \delta_{j}$ and $0<r(t) \leq r_{j}$ on $\left[2^{j-1}, 2^{j}\right]$ (resp. $[0,2]$ for $j=1$ ). Assume that $\mathcal{M}$ is a 3 dimensional Ricci flow surgery defined for times $[0, T)$ with $T \leq 2^{i+1}$ that satisfies (i)-(iii) (in Theorem 7.5.1) and
(iv) $\mathcal{M}$ satisfies (a) and (b) for $j=1, \ldots, i$ and
(v) the canonical neighborhood assumptions $\operatorname{CNA}\left(\frac{1}{2} r_{i+1}, 2 \varepsilon, 2 E_{0}\right)$ hold at all non-presurgery points on $\left[0,2^{i+1}\right]$.
Then $\mathcal{M}$ satisfies (a) for $j=i+1$.
We will prove this Lemma later.
Proof of the theorem. By induction we may assume that we already have sequences $r_{1} \geq$ $\ldots \geq r_{i}, \kappa_{1} \geq \ldots \geq \kappa_{i}$ and $\delta_{1} \geq \ldots \geq \delta_{i}$ for $i \geq 0$ such that (a) and (b) apply for all $j=1, \ldots, i$.

Choose first $r_{i+1}<r_{i}$ arbitrarily and determine $\kappa_{i+1}$ and $\delta$ for $r_{1}, \ldots, r_{i}, r_{i+1}, \kappa_{1}, \ldots, \kappa_{i}$ and $\delta_{1}, \ldots, \delta_{i-1}$ from Lemma 7.5.2. Set $\delta_{i+1}:=\delta$ replace $\delta_{i}$ by $\min \left\{\delta_{i}, \delta\right\}$ (if $i>0$ ). Let $\delta(t), r(t)$ be functions with $0<\delta(t) \leq \delta_{j}$ and $0<r(t) \leq r_{j}$ on $\left[2^{j-1}, 2^{j}\right]$ for all $j>1$ (resp. $[0,2]$ for $j=1$ ). Consider a 3 dimensional Ricci flow with surgery $\mathcal{M}$ defined on some time interval $[0, T) \subset\left[0,2^{i+1}\right]$ that satisfies (i)-(iii). Recall that this implies that (a) and (b) are satisfied for all $j=1, \ldots, i$. Let $t_{0} \in\left[0,2^{i+1}\right]$ be maximal with the property that the canonical neighborhood assumptions $\operatorname{CNA}\left(r_{i+1}, \varepsilon, E_{0}\right)$ hold at all non-presurgery points on $\left[0, t_{0}\right)$. Then $t_{0} \geq 2^{i}$ for $i>0$ and in the case $i=0$ we have $t_{0} \geq \frac{1}{4}$ if $r_{1}<\frac{1}{\sqrt{2}}$ since by Corollary 2.5.5 the scalar curvature on $\mathcal{M}$ is bounded from above by 2 at times [ $\left.0, \frac{1}{4}\right]$.

We will first show that all points on the time $t_{0}$ slice (resp. $t_{0}^{+}$slice if $t_{0}$ is a surgery time) satisfy the more general assumptions $\operatorname{CNA}\left(\frac{1}{2} r_{i+1}, 2 \varepsilon, 2 E_{0}\right)$ if $\delta_{i+1}<\delta^{\prime}$ (where $\delta^{\prime}>0$ denotes some universal constant). If $t_{0}$ is not a surgery time, this is clear. So assume that $t_{0}$ is a surgery time. Let $x \in \mathcal{M}\left(t_{0}^{+}\right)$with $S\left(x, t_{0}^{+}\right)>\frac{4}{r_{i+1}^{2}}$. If $x$ is a surgery point, we get from Lemma 7.4.2 that $\left(x, t_{0}^{+}\right)$even satisfies the canonical neighborhood assumptions $\mathrm{CNA}\left(2 r_{i+1}, \frac{\varepsilon}{2}, \frac{E_{0}}{2}\right)$ (observe that we have a universal bound for the diameter of the gluedin caps on the local scale). If $x$ is not a surgery point, choose $t^{\prime}<t_{0}$ sufficiently close to $t_{0}$ such that we can apply the following reasoning: We have $S\left(x, t^{\prime}\right)>\frac{1}{r_{i+1}^{2}}$, so $\left(x, t^{\prime}\right)$ is the center of a strong $\varepsilon$-neck or an $\left(\varepsilon, E_{0}\right)$-cap. If this neck or cap hits surgery points at time $t_{0}^{-}$we can again use Lemma 7.4 .2 to conclude that $\left(x, t_{0}^{+}\right)$already has a canonical neighborhood for $\delta^{\prime}$ sufficiently small (we have control over the curvature on the neck or cap and its diameter on a local scale). If not, $\left(x, t_{0}^{+}\right)$is the center of a strong $2 \varepsilon$ neck or a $\left(2 \varepsilon, 2 E_{0}\right)$-neck. Property (A) of the canonical neighborhood assumptions follows immediately For property (B) observe that in order to prove the required noncollapsedness
we just have to consider the volumes of the balls that lie inside the time $t_{0}^{+}$neck or cap (the curvature can be controlled from below, so the radii can be controlled from above).

Observe that by the choice of $\delta$, Lemma 7.5.2 asserts that $\mathcal{M}$ satisfies (a) for $j=i+1$ on $\left[0, t_{0}\right]$.

Now assume that (b) does not hold for $j=i+1$. By the choice of $t_{0}$ this implies that there is a non-presurgery point $\left(x, t_{0}\right) \in \mathcal{M}$ (resp. $\left.\left(x, t_{0}^{+}\right) \in \mathcal{M}\right)$ that does not satisfy $\mathrm{CNA}\left(2 r_{i+1}, \frac{1}{2} \varepsilon, \frac{1}{2} E_{0}\right)$ (otherwise we could conclude that $\mathrm{CNA}\left(r_{i+1}, \varepsilon, E_{0}\right)$ holds at all nonpresurgery points on $\left[0, t_{0}+\theta\right)$ for some $\theta>0$ contradicting the maximality of $\left.t_{0}\right)$. We will show that this leads to a contradiction for $r_{i+1}$ small enough.

Assume that we cannot find an appropriate $r_{i+1}$. Choose a sequence $r_{i+1}^{k} \rightarrow 0$. For every $k$ we find $\delta^{k}$ as above and we may assume that $\delta^{k} \rightarrow 0$, particularly $\delta^{k}<\min \left\{\delta^{\prime}, \delta_{i}\right\}$ (otherwise replace the $\delta^{k}$ by even smaller numbers). Set $\delta_{1}^{k}:=\delta_{1}, \ldots, \delta_{i-1}^{k}:=\delta_{i-1}$ and $\delta_{i}^{k}=\delta_{i+1}^{k}:=\delta^{k}$ (if $i=0$ we just set $\delta_{1}^{k}:=\delta^{k}$ ). We find a sequence of functions $\delta_{k}(t), r_{k}(t)$ with $0<\delta_{k}(t) \leq \delta_{j}^{k}, 0<r_{k}(t) \leq r_{j}\left(\right.$ resp. $r_{i+1}^{k}$ for $\left.j=i+1\right)$ on $\left[2^{j-1}, 2^{j}\right]$ for $j=$ $2, \ldots, i+1$ resp. $[0,2]$ for $j=1$ and Ricci flows with surgery $\mathcal{M}_{k}$ (defined on the time interval $\left.\left[0, T_{k}\right)\right)$ that satisfy (i)-(iii) for $\delta_{k}(t)$ and $r_{k}(t)$. Moreover, we find points $\left(x_{k}, t_{k}\right) \in$ $\mathcal{M}_{k}$ corresponding to the point $\left(x, t_{0}\right)$ in the preceding paragraphs that do not satisfy $\operatorname{CNA}\left(2 r_{i+1}^{k}, \frac{\varepsilon}{2}, \frac{E_{0}}{2}\right)$. However, $\operatorname{CNA}\left(\frac{1}{2} r_{i+1}^{k}, 2 \varepsilon, 2 E_{0}\right)$ holds on $\mathcal{M}_{k}$ at times $\left[0, t_{k}\right]$. Observe that $t_{k} \leq \min \left\{2^{i+1}, T_{k}\right\}$ and $t_{k} \geq 2^{i}$ for $i>0$ resp. $t_{k} \geq \frac{1}{4}$ for large $k$ and $i=0$.

Let $Q_{k}:=S\left(x_{k}, t_{k}\right) \geq \frac{1}{\left(2 r_{i+1}^{k}\right)^{2}} \rightarrow \infty$, shift $\mathcal{M}_{k}$ in time by $-t_{k}$, parabolically rescale by $Q_{k}^{1 / 2}$ and restrict to nonpositive times to get $\mathcal{M}_{k}^{\prime}$. Assume that $\mathcal{M}_{k}^{\prime}$ is defined on $\left[-T_{k}^{\prime}, 0\right]$. For the points $\left(x_{k}^{\prime}, 0\right) \in \mathcal{M}_{k}^{\prime}$ corresponding to the $\left(x_{k}, t_{k}\right)$ we have $S\left(x_{k}^{\prime}, 0\right)=1$. Furthermore, $T_{k}^{\prime} \rightarrow \infty$ and the curvature on $\mathcal{M}_{k}^{\prime}$ is $\varphi_{k}$-positive with $\varphi_{k} \rightarrow 0$. Observe that since $Q_{k} \geq \frac{1}{\left(2 r_{i+1}^{k}\right)^{2}}$ the $\mathcal{M}_{k}^{\prime}$ satisfy the canonical neighborhood assumptions CNA $\left(\frac{1}{4}, 2 \varepsilon, 2 E_{0}\right)$ at all non-presurgery points, but $\left(x_{k}^{\prime}, 0\right)$ does not satisfy $\operatorname{CNA}\left(1, \frac{\varepsilon}{2}, \frac{E_{0}}{2}\right)$. Moreover, we have $\kappa_{i+1}$-noncollapsedness everywhere.

By Lemma 7.4.3 (i) and Proposition 6.2 .4 we can exclude surgery points on larger and larger balls $B_{d_{k}}\left(x_{k}^{\prime}, 0\right)$ and even on times slightly before 0 (depending on the distance to $x_{k}^{\prime}$ ). So by Lemma 6.2.2 and Shi's estimates we have smooth convergence

$$
\begin{equation*}
\left(B_{d_{k}}\left(x_{k}^{\prime}, 0\right),\left(x_{k}^{\prime}, 0\right)\right) \xrightarrow[k \rightarrow \infty]{ }\left(M_{\infty}(0),\left(x_{\infty}, 0\right)\right) \tag{7.5}
\end{equation*}
$$

Analogous to the proof of Proposition 6.3 .1 we conclude that $M_{\infty}(0)$ has bounded, nonnegative sectional curvature. Let $T \geq 0$ be maximal with the property that there are sequences $d_{k} \rightarrow \infty$ and $\tau_{k} \rightarrow T$ such that the $P\left(x_{k}^{\prime}, 0, d_{k},-\tau_{k}\right)$ are non-singular and the Ricci flows on these parabolic neighborhoods converge in (7.5) to some Ricci flow $M_{\infty} \times(-T, 0]$. By Proposition 6.3.1, the scalar curvature on $M_{\infty} \times(-T, 0]$ can be bounded by some constant $K$. Assume that $T<\infty$. Then for $b:=\frac{1}{4} \beta K^{-1}$ and any $a<\infty$ we can bound the scalar curvature on $P\left(x_{k}^{\prime}, 0, a,-T+b\right)$ by $2 K$ for large $k$ and we may exclude surgery points there. Thus by Lemma 7.4 .3 (ii) we can even exclude surgery points on the parabolic neighborhoods $P\left(x_{k}^{\prime}, 0, a,-T-b\right)$ for large $k$ (we first have to rescale back and work on $\mathcal{M})$ and by Proposition 6.3 .1 we can extend the convergence (7.5) to a convergence of Ricci flows on the interval $(-T-b, 0]$ contradicting the maximality of $T$.

So there are sequences $d_{k} \rightarrow \infty$ and $\tau_{k} \rightarrow \infty$ such that

$$
\left(P\left(x_{k}^{\prime}, 0, d_{k}, 0\right),\left(x_{k}^{\prime}, 0\right)\right) \xrightarrow[k \rightarrow \infty]{\longrightarrow}\left(M_{\infty} \times(-\infty, 0],\left(x_{\infty}, 0\right)\right)
$$

It is easy to see, that $M_{\infty} \times(-\infty, 0]$ is an orientable $\kappa_{i+1}$-solution that is not a higher spherical space form. Now use Theorems 5.4.13 and 5.4.11 to find that $\left(x_{\infty}, 0\right)$ is the center of a strong $\frac{\varepsilon}{4}$-neck or $\left(\frac{\varepsilon}{4}, \frac{E_{0}}{4}\right)$-cap. Hence $\left(x_{k}^{\prime}, 0\right)$ and then also $\left(x_{k}, t_{k}\right)$ must have been the center of a strong $\frac{\varepsilon}{2}$-neck or an $\left(\frac{\varepsilon}{2}, \frac{E_{0}}{2}\right)$-cap for large $k$ (recall the definition of $E_{0}$ ). Moreover we conclude that property (A) by Corollary 5.2 .9 and property (B) in
the definition of the canonical neighborhood assumptions hold at $\left(x_{k}^{\prime}, 0\right)$ and thus also at $\left(x_{k}, t_{k}\right)$ for large $k$. This contradicts the choice of $\left(x_{k}, t_{k}\right)$.


Proof of Lemma 7.5.2. We want to show noncollapsedness at some point $\left(x_{0}, t_{0}\right) \in \mathcal{M}$ with $2^{i} \leq t_{0} \leq 2^{i+1}$ resp. $0 \leq t_{0} \leq 2^{i+1}$ for $i=0$. Let $0<r \leq \sqrt{t_{0}}$ and assume that $P\left(x_{0}, t_{0}, r,-r^{2}\right)$ is non-singular and we have $\|R\| \leq \frac{1}{r^{2}}$ there. We will estimate the volume of $B\left(x_{0}, t_{0}, r\right)$ from below.

In order to carry out the argument, we will use the tools developed in chapter 4 and the proof is similar to the proof of the No Local Collapsing Theorem 4.2.4. The difficulty here is to take care that points in space-time may only be joined by broken $\mathcal{L}$-geodesics that hit surgery points. We have to analyze these geodesics and conclude that their $\mathcal{L}$-length can be assumed to be arbitrarily large if $\delta$ is chosen sufficiently small. On the other hand, we are just able to control the $\delta$-parameter on $\left[2^{i-1}, 2^{i+1}\right]$ resp. $[0,2]$ for $i=0$ and $[0,4]$ for $i=1$. So for $i>1$ we are not able to use the noncollapsedness of the initial manifold.

At first, we consider the case in which $S\left(x_{0}, t_{0}\right)$ is large.

Noncollapsedness for $S\left(x_{0}, t_{0}\right)>\frac{1}{r_{i+1}^{2}}$. In this case the canonical neighborhood assumptions $\operatorname{CNA}\left(r_{i+1}, \varepsilon, E_{0}\right)$ apply at $\left(x_{0}, t_{0}\right)$. So $\mathcal{M}$ is $\frac{1}{2} \kappa_{0}$-noncollapsed in $\left(x_{0}, t_{0}\right)$.

For the rest of this proof we will assume that

$$
S\left(x_{0}, t_{0}\right) \leq \frac{1}{r_{i+1}^{2}}
$$

Existence of $\mathcal{L}$-geodesics. Consider $\left(x_{0}, t_{0}\right)$ as a basepoint and introduce the time parameter $\tau:=t_{0}-t$ as in chapter 4 . Let $(y, t) \in \mathcal{M}$ be some point with $t<t_{0}$ that is not a presurgery point. Denote the surgery times of $\mathcal{M}$ between $t$ and $t_{0}$ by $t_{1}^{\prime}, \ldots, t_{l}^{\prime}$. Consider piecewise smooth curves $\gamma:\left[0, t_{0}-t\right] \rightarrow \mathcal{M}$ in space-time (i.e. $\left.\gamma(\tilde{\tau}) \in \mathcal{M}\left(t_{0}-\tilde{\tau}\right)\right)$ joining $\left(x_{0}, t_{0}\right)$ with $(y, t)$ and let $\mathcal{L}(\gamma)$ be their $\mathcal{L}$-length. Let $L(y, t)$ be the infimum over all those $\mathcal{L}$-lengths.

If $\left(t_{1}, t_{2}\right) \subset\left[0, t_{0}\right]$ is a time interval that does not contain surgery times, we know that for any two points $\left(y_{a}, t_{a}\right),\left(y_{b}, t_{b}\right) \in \mathcal{M}$ with $t_{1}<t_{a}<t_{b}<t_{2}$ there is a minimizing $\mathcal{L}$-geodesic joining these points. So by a limiting argument we conclude that this is still true if we require that $t_{1} \leq t_{a}<t_{b} \leq t_{2}$ and that $\left(y_{a}, t_{a}\right)$ is a non-presurgery and $\left(y_{b}, t_{b}\right)$ a non-postsurgery point. Moreover, the $\mathcal{L}$-length of this minimizing $\mathcal{L}$-geodesic varies
continuously with its endpoints. Obviously, if we replace an arbitrary piecewise smooth curve $\gamma:\left[0, t_{0}-t\right] \rightarrow \mathcal{M}$ in space-time that joins $\left(x_{0}, t_{0}\right)$ with $(y, t)$ by a broken $\mathcal{L}$-geodesic $\gamma^{\prime}:\left[0, t_{0}-t\right] \rightarrow \mathcal{M}$ in space-time with breaking times $t_{1}^{\prime}, \ldots, t_{l}^{\prime}$ and $\gamma^{\prime}\left(t_{i}^{\prime}\right)=\gamma\left(t_{i}^{\prime}\right)$, we have $\mathcal{L}\left(\gamma^{\prime}\right) \leq \mathcal{L}(\gamma)$. By varying the breaking points we see that there is an $\mathcal{L}$-minimizing piecewise smooth curve $\gamma:\left[0, t_{0}-t\right] \rightarrow \mathcal{M}$ between $\left(x_{0}, t_{0}\right)$ and $(y, t)$. Moreover, $\gamma$ is a broken $\mathcal{L}$-geodesic and all breaking points (if there are any) lie on surgery points. If $\gamma$ does not hit any surgery points, we call $\gamma$ admissible. Observe that any admissible broken $\mathcal{L}$-geodesic is smooth.

Estimates of $\mathcal{L}$ - and $\mathcal{L}^{+}$-length. For a broken curve $\gamma:[0, \tau] \rightarrow \mathcal{M}$ in space time we define

$$
\mathcal{L}^{+}(\gamma)=\int_{0}^{\tau} \sqrt{\tilde{\tau}}\left(\|\dot{\gamma}\|^{2}+S^{+}(\gamma)\right) \mathrm{d} \tilde{\tau}
$$

where $S^{+}:=\max \{0, S\}$. By the 1-positive curvature assumption $S \geq-3$, so we get

$$
\begin{equation*}
\mathcal{L}^{+}-2 \tau^{3 / 2}=\mathcal{L}^{+}-3 \int_{0}^{\tau} \sqrt{\tilde{\tau}} \mathrm{d} \tilde{\tau} \leq \mathcal{L} \leq \mathcal{L}^{+} \tag{7.6}
\end{equation*}
$$

Estimate of the $\mathcal{L}$-lengths of non-admissible curves. From now on consider $\mathcal{L}$ geodesics with basepoint $\left(x_{0}, t_{0}\right)$ that do not exist outside the time interval $I_{0}:=\left[2^{i-1}, 2^{i+1}\right]$ for $i>1, I_{0}:=[0,2]$ for $i=0$ or $I_{0}:=[0,4]$ for $i=1$. Let $\mathcal{L}_{0}<\infty$ be a given constant. We want to show that for $\delta$ sufficiently small (depending only on $\mathcal{L}_{0}$ and the parameters $r_{i}$ ) every such non-admissible $\mathcal{L}$-geodesic $\gamma$ has $\mathcal{L}(\gamma) \geq \mathcal{L}_{0}$.

Let $\Delta T$ be the length of $I_{0}$. We have $\Delta T=2^{i+1}-2^{i-1}=3 \cdot 2^{i-1}$ for $i>1, \Delta T=2$ for $i=0$ and $\Delta T=4$ for $i=1$. Set $\mathcal{L}_{0}^{+}:=\mathcal{L}_{0}+2 \Delta T^{3 / 2}$. By (7.6) it suffices to prove that $\mathcal{L}^{+}(\gamma) \geq \mathcal{L}_{0}^{+}$for sufficiently small $\delta$.

Let $\gamma:[0, \tau] \rightarrow \mathcal{M}$ in space-time be a non-admissible minimal broken $\mathcal{L}$-geodesic joining $\left(x_{0}, t_{0}\right)$ with $(y, t), t \in I_{0}$. Without loss of generality we may assume that $(y, t)=\gamma(\tau)$ is the first surgery point on $\gamma$. Let $(p, t)$ be the tip of the corresponding surgery.

Since $S\left(x_{0}, t_{0}\right) \leq \frac{1}{r_{i+1}^{2}}$, we get by Lemmas 6.2 .1 and 6.2 .2 that there is a universal constant $v>0$ such that $S<\frac{16}{r_{i+1}^{2}}$ on $K:=P\left(x_{0}, t_{0}, v r_{i+1},-v^{2} r_{i+1}^{2}\right)$. So for sufficiently small $\delta$ the parabolic neighborhood $K$ is non-singular because surgery points at times $I_{0}$ can be assumed to have scalar curvature greater than $\frac{1}{2 \delta^{2} r_{i}^{2}}$ or $\frac{1}{2 \delta^{2} r_{i}^{2}}$. The 1 -positive curvature condition gives us a bound for $\|R\|$ on $K$. So there is a universal bilipschitz bound $C$ for the distortion of the metric on $K$.

Assume that $\gamma$ leaves $B\left(x_{0}, t_{0}, v r_{i+1}\right)$ before time $\tau_{0}:=\min \left\{\frac{v^{4} r_{i+1}^{4}}{4 C^{2}\left(\mathcal{L}_{0}^{+}\right)^{2}}, v^{2} r_{i+1}^{2}\right\}$. Then we have

$$
\mathcal{L}^{+}(\gamma) \geq \int_{0}^{\tau_{0}} \sqrt{\tilde{\tau}}\|\dot{\gamma}\|^{2} \mathrm{~d} \tilde{\tau} \geq \int_{0}^{\tau_{0}} \sqrt{\tilde{\tau}} C^{-1}\|\dot{\gamma}\|_{0}^{2} \mathrm{~d} \tilde{\tau}
$$

Reparameterizing via $\tilde{\tau}=s^{2}$ gives (see (4.3))

$$
\int_{0}^{\tau_{0}} \sqrt{\tilde{\tau}} C^{-1}\|\dot{\gamma}\|_{0}^{2} \mathrm{~d} \tilde{\tau}=\frac{1}{2} C^{-1} \int_{0}^{\sqrt{\tau_{0}}}\left\|\frac{\mathrm{~d} \gamma}{\mathrm{~d} s}\right\|_{0}^{2} \mathrm{~d} s \geq \frac{1}{2} C^{-1} \frac{v^{2} r_{i+1}^{2}}{\sqrt{\tau_{0}}} \geq \mathcal{L}_{0}^{+}
$$

So assume now that $\left.\gamma\right|_{\left[0, \tau_{0}\right)} \subset K$. Since there are no surgery points in $K$, this implies $\tau \geq \tau_{0}$.

Let $A<\infty, \theta, \varphi>0$ be constants that will be specified later. By Lemma 7.4.1 we find that for $\delta$ sufficiently small there is some $0 \leq \sigma \leq 1-\theta$ such that there is a standard solution $M_{\text {stan }} \times[0,1)$ with tip $p_{\text {stan }}$ and a $\varphi$-homothety with some scaling factor $\lambda$

$$
M_{\text {stan }} \times[0,1) \supset B_{A}\left(p_{\text {stan }}, 0\right) \times[0, \sigma) \xrightarrow{\Phi} \mathcal{M} \quad \text { with } \quad \Phi\left(p_{\text {stan }}, 0\right)=(p, t)
$$

Denote $P:=\overline{\operatorname{Im} \Phi}$. Furthermore, if $\sigma<1-\theta$ no point of $P$ survives past time $t+\lambda^{2} \sigma$.
For $\varphi$ sufficiently small we have by Theorem 7.3.2 (c)

$$
S>\frac{1}{2 \delta^{2} r_{i+1}^{2}} \quad \text { or } \quad S>\frac{1}{2 \delta^{2} r_{i}^{2}} \quad \text { on } \quad P
$$

So choosing $\delta$ sufficiently small, we may assume that $P \cap K=\emptyset$.
Observe that this implies that $\gamma$ has to enter $P$ after time $\tau_{0}$. Let $t+\lambda^{2} h$ be the smallest time in which $\gamma$ enters $P$. Consider now $\gamma$ to be parameterized by time $t$ (rather than backward time $\tau)$ and denote by $\gamma^{\prime}:[0, h) \rightarrow M_{\text {stan }} \times[0,1)$ the pullback of $\left.\gamma\right|_{\left[t, t+\lambda^{2} h\right)}$ under $\Phi$. We have for $\varphi$ sufficiently small

$$
\begin{aligned}
& \mathcal{L}^{+}(\gamma) \geq \int_{t}^{t+\lambda^{2} h^{2}} \sqrt{t_{0}-\tilde{t}}\left(\|\dot{\gamma}\|^{2}+S^{+}(\gamma(\tilde{t}), \tilde{t})\right) \mathrm{d} \tilde{t} \\
& \geq \sqrt{\tau_{0}} \int_{t}^{t+\lambda^{2} h^{2}}\left(\|\dot{\gamma}\|^{2}+S^{+}(\gamma(\tilde{t}), \tilde{t})\right) \mathrm{d} \tilde{t} \geq \frac{\sqrt{\tau_{0}}}{2} \int_{0}^{h}\left(\left\|\dot{\gamma}^{\prime}\right\|^{2}+S^{+}\left(\gamma^{\prime}(\tilde{t}), \tilde{t}\right)\right) \mathrm{d} \tilde{t}
\end{aligned}
$$

where the quantities under the last integral sign are taken on $M_{\text {stan }} \times[0,1)$. Set $\theta:=$ $\exp \left(-\frac{2}{c \sqrt{\tau_{0}}} \mathcal{L}_{0}^{+}\right)$where $c$ is the constant from Theorem 7.3.2 (b). There are two cases
case 1: $\gamma$ enters $P$ at its final time slice. Then we have $h=\sigma=1-\theta$. Furthermore by Theorem 7.3.2 (b)

$$
\int_{0}^{1-\theta}\left(\left\|\dot{\gamma}^{\prime}\right\|^{2}+S^{+}\left(\gamma^{\prime}(\tilde{t}), \tilde{t}\right)\right) \mathrm{d} \tilde{t} \geq \int_{0}^{1-\theta} \frac{c}{1-\tilde{t}} \mathrm{~d} \tilde{t}=-c \log \theta=\frac{2}{\sqrt{\tau_{0}}} \mathcal{L}_{0}^{+}
$$

case 2: $\gamma$ enters $P$ "before" its final time slice. Recall the surgery process. We find that there is a universal $d_{0}<\infty$ such that $\operatorname{dist}_{0}\left(p_{\text {stan }}, \gamma^{\prime}(0)\right)<d_{0}$. By Theorem 7.3.2 (d) there is a universal bound for the curvature on $M_{\operatorname{stan}} \times[0,1-\theta)$ and thus we find a bilipschitz bound $C$ for the distortion of the metric (observe that $C$ is independent of the standard solution $\left.M_{\text {stan }} \times[0,1)\right)$. Let $A:=\left(\frac{2 h C^{2} \mathcal{L}_{0}^{+}}{\sqrt{\tau_{0}}}\right)^{1 / 2}+d_{0}$. Then

$$
\begin{aligned}
\int_{0}^{h}\left(\left\|\dot{\gamma}^{\prime}\right\|_{\tilde{t}}^{2}+S^{+}\right) \mathrm{d} \tilde{t} \geq \int_{0}^{h}\left\|\dot{\gamma}^{\prime}\right\|_{\tilde{t}}^{2} \mathrm{~d} \tilde{t} & \geq \frac{1}{h}\left(\int_{0}^{h}\left\|\dot{\gamma}^{\prime}\right\|_{\tilde{t}} \mathrm{~d} \tilde{t}\right)^{2} \\
& \geq \frac{1}{h}\left(\int_{0}^{h} C^{-1}\left\|\dot{\gamma}^{\prime}\right\|_{0} \mathrm{~d} \tilde{t}\right)^{2} \geq \frac{\left(A-d_{0}\right)^{2}}{h C^{2}} \geq \frac{2}{\sqrt{\tau_{0}}} \mathcal{L}_{0}^{+}
\end{aligned}
$$

So in both cases $\mathcal{L}^{+}(\gamma) \geq \mathcal{L}_{0}^{+}$.

Finding a point of low $\mathcal{L}$-distance and low curvature Let $(y, t) \in \mathcal{M}$ with $t<t_{0}$. We say that $(y, t)$ is admissible if there is a $\theta>0$ and an admissible minimizing $\mathcal{L}$ geodesic $\gamma:\left[0, t_{0}-t+\theta\right] \rightarrow \mathcal{M}$ in space-time (parameterized by backwards time) such that $\gamma(0)=\left(x_{0}, t_{0}\right)$ and $\gamma\left(t_{0}-t\right)=(y, t)$. Let $\mathcal{M}_{\text {adm }} \subset \mathcal{M}$ be the (open) set of admissible points.

Set $\bar{L}(y, t):=2 \sqrt{t_{0}-t} L(y, t)$ and $l(y, t):=\frac{1}{2 \sqrt{t_{0}-t}} L(y, t)$. Recall from (4.11) that we have in the barrier sense

$$
\begin{equation*}
-\frac{\partial}{\partial t} \bar{L}+\triangle \bar{L} \leq 6 \tag{7.7}
\end{equation*}
$$

at all admissible points.
Set $t^{\prime}:=2^{i-1}+\frac{1}{3} 2^{i-1}=\frac{4}{3} 2^{i-1}$ for $i>1$ or $t^{\prime}:=\frac{1}{4}$ for $i=0,1$. We will first show that there is a point $x^{\prime} \in \mathcal{M}_{\mathrm{adm}}\left(t^{\prime}\right)$ such that $l\left(x^{\prime}, t^{\prime}\right) \leq \frac{3}{2}$. Choose $\delta$ so small that any non-admissible $\mathcal{L}$-geodesic that does not exist outside the time interval $I_{0}$ has $\mathcal{L}$-length
$>5 \sqrt{\Delta T}$. We conclude that for any point $(y, t) \in \mathcal{M} \backslash \mathcal{M}_{\text {adm }}$ with $t \in I_{0}$ we have $\bar{L}(y, t)>8\left(t_{0}-t\right)+2 \sqrt{\Delta T} \sqrt{t_{0}-t}$. Assume that $\bar{L}>(6+\varphi)\left(t_{0}-t^{\prime}\right)+\varphi \sqrt{t_{0}-t^{\prime}}$ on $\mathcal{M}_{\text {adm }}\left(t^{\prime}\right)$ for some $\varphi>0$. Let $\tilde{t}$ be the supremum over all times $\tilde{t} \in\left[t^{\prime}, t_{0}\right]$ such that $\bar{L}>(6+\varphi)\left(t_{0}-\tilde{t}\right)+\varphi \sqrt{t_{0}-\tilde{t}}$ on $\mathcal{M}_{\mathrm{adm}}(\tilde{t})$. Then for $\varphi<2 \sqrt{\Delta T}$

$$
\bar{L} \geq(6+\varphi)\left(t_{0}-\tilde{t}\right)+\varphi \sqrt{t_{0}-\tilde{t}}
$$

on $\mathcal{M}(\tilde{t})$. If $\tilde{t}<t_{0}$, there is a point $\tilde{x} \in \mathcal{M}(\tilde{t})$ where equality holds. So ( $\left.\tilde{x}, \tilde{t}\right)$ must be admissible and $\triangle \bar{L}(\tilde{x}, \tilde{t}) \geq 0$. From (7.7) we find $\left.\frac{\partial}{\partial t}\right|_{t=\tilde{t}} \bar{L}(\tilde{x}, t) \geq-6$ contradicting the choice of $\tilde{t}$. On the other hand $\tilde{t}=t_{0}$ implies $L\left(x_{0}, t^{\prime \prime}\right)>\frac{\varphi}{2}$ for all $t^{\prime \prime}<t_{0}$, a contradiction. Thus, we conclude that for any $\varphi>0$ there is a point $x^{\prime \prime} \in \mathcal{M}\left(t^{\prime}\right)$ with $\bar{L}\left(x^{\prime \prime}, t^{\prime}\right) \leq$ $(6+\varphi)\left(t_{0}-t^{\prime}\right)+\varphi \sqrt{t_{0}-t^{\prime}}$. So there is also a point $x^{\prime} \in \mathcal{M}\left(t^{\prime}\right)$ with $\bar{L}\left(x^{\prime}, t^{\prime}\right) \leq 6\left(t_{0}-t^{\prime}\right)$ which has to be admissible then. The last inequality implies

$$
l\left(x^{\prime}, t^{\prime}\right) \leq \frac{3}{2}
$$

Let $\gamma:\left[0, t_{0}-t^{\prime}+\theta\right) \rightarrow \mathcal{M}$ in spacetime be an admissible minimizing $\mathcal{L}$-geodesic with $\gamma(0)=\left(x_{0}, t_{0}\right)$ and $\gamma\left(t_{0}-t^{\prime}\right)=\left(x, t^{\prime}\right)$ for some $\theta>0$. Note that all points on $\gamma$ are admissible points.

For $i=0,1$ we have $S\left(x^{\prime}, t^{\prime}\right)<2$ by the normalized initial conditions and Corollary 2.5.5. In this case set $(x, t):=\left(x^{\prime}, t^{\prime}\right)$. For the rest of this step assume $i>1$.

Assume that at every point on $\left.\gamma\right|_{\left[t_{0}-\frac{5}{3} 2^{i-1}, t_{0}-\frac{4}{3} 2^{i-1}\right]}$ we have $S>256$. The 1-positive curvature condition implies $S>-3$ everywhere. So we get

$$
\begin{aligned}
& L\left(x^{\prime}, t^{\prime}\right)=\int_{0}^{t_{0}-\frac{4}{3} \cdot 2^{i-1}} \sqrt{\tau}\left(\|\dot{\gamma}\|^{2}+S\right) \mathrm{d} \tau>-3 \int_{0}^{t_{0}-\frac{5}{3} 2^{i-1}} \sqrt{\tau} \mathrm{~d} \tau+256 \int_{t_{0}-\frac{5}{3} 2^{2-1}}^{t_{0}-\frac{4}{3} 2^{i-1}} \sqrt{\tau} \mathrm{~d} \tau \\
& \geq-3 \int_{0}^{2^{i+1}} \sqrt{\tau} \mathrm{~d} \tau+2^{8} \int_{\frac{1}{3} 2^{i-1}}^{\frac{2}{3} 2^{i-1}} \sqrt{\tau} \mathrm{~d} \tau>-2 \cdot 2^{\frac{3}{2}(i+1)}+\frac{2^{8}}{3^{\frac{3}{2}}} 2^{\frac{3}{2} i-\frac{3}{2}} \geq-2 \cdot 2^{\frac{3}{2}(i+1)}+2^{8+\frac{3}{2} i-4} .
\end{aligned}
$$

Combining this with the upper bound on $L\left(x^{\prime}, t^{\prime}\right)$ we get

$$
6 \cdot 2^{\frac{1}{2} i}>3 \sqrt{2^{i+1}} \geq 3 \sqrt{t_{0}-t^{\prime}} \geq L\left(x^{\prime}, t^{\prime}\right)>-2^{\frac{3}{2} i+\frac{5}{2}}+2^{\frac{3}{2} i+4}
$$

So

$$
6>-2^{i+\frac{5}{2}}+2^{i+5}>-32+64
$$

a contradiction.
Thus there is an admissible point $(x, t) \in \mathcal{M}$ with $t \in\left[\frac{1}{3} 2^{i-1}+2^{i-1}, \frac{2}{3} 2^{i-1}+2^{i-1}\right]$ that has $S(x, t) \leq 256$ and

$$
\begin{aligned}
& L(x, t)=\int_{0}^{t_{0}-t} \sqrt{\tau}\left(\|\dot{\gamma}\|^{2}+S\right) \mathrm{d} \tau=\mathcal{L}\left(\left.\gamma\right|_{\left[0, t_{0}-t^{\prime}\right]}\right)-\int_{t_{0}-t}^{t_{0}-t^{\prime}} \sqrt{\tau}\left(\|\dot{\gamma}\|^{2}+S\right) \mathrm{d} \tau \\
& \leq 3 \sqrt{t_{0}-t^{\prime}}-\int_{t_{0}-t}^{t_{0}-t^{\prime}} \sqrt{\tau} S \mathrm{~d} \tau \leq\left(3+3 \cdot 2^{i-2}\right) \sqrt{t_{0}-t^{\prime}} \leq 2^{\frac{3}{2} i+2}
\end{aligned}
$$

Estimating the reduced volume of the admissible points from below Analogous to (4.14) we define

$$
\tilde{V}_{\mathrm{adm}}(\tau):=\int_{\mathcal{M}_{\mathrm{adm}}\left(t_{0}-\tau\right)} \tau^{-n / 2} e^{-l(\cdot, \tau)} \mathrm{d} \mu_{\tau}
$$

As in chapter 4 we can show that $\tilde{V}_{\text {adm }}(\tau)$ is nonincreasing in $\tau$. We want to estimate $\tilde{V}_{\text {adm }}\left(r^{2}\right)$ from below.

Consider first the case $i>1$. Replacing $r$ by $\frac{r}{\sqrt{12}}$ we may assume that $r^{2} \leq \frac{1}{3} 2^{i-1}$ (observe that $r^{2} \leq 2^{i+1}$ ). Since $S(x, t) \leq 256$, we conclude by Lemmas 6.2.1, 6.2.2 and the 1-positive curvature condition that

$$
S<\frac{1}{u^{2}} \quad \text { on } \quad Q:=P\left(x, t, u,-u^{2}\right)
$$

for some universal $0<u<1$. So if we assume $\delta$ to be sufficiently small, there are no surgery points on $Q$. Thus by the $\kappa_{i}$-noncollapsedness we have $\operatorname{vol}_{t} B_{u}(x, t) \geq \kappa_{i} u^{3}$. Let $C$ be a bilipschitz bound for the distortion of the Riemannian metric on $P$. We find $\operatorname{vol}_{t-u^{2}} B_{u}(x, t) \geq C^{-3 / 2} \kappa_{i} u^{3}$. Now we want to bound $l$ from above on $B_{u}(x, t) \times\left\{t-u^{2}\right\}$. Observe that $L(x, t) \leq 2^{\frac{3}{2} i+2}$. For $y \in B_{u}(x, t)$ choose a minimizing time $t$ geodesic $\gamma^{\prime}:\left[t_{0}-t, t_{0}-t+u^{2}\right] \rightarrow B_{u}(x, t)$ between $x$ and $y$. We have

$$
\begin{aligned}
L\left(y, t_{0}-t+u^{2}\right)<L\left(x, t_{0}-t\right)+\mathcal{L}\left(\gamma^{\prime}\right) \leq 2^{\frac{3}{2} i+2}+ & \int_{t_{0}-t}^{t_{0}-t+u^{2}} \sqrt{\tau}\left(\left\|\dot{\gamma}^{\prime}\right\|^{2}+S\right) \mathrm{d} \tau \\
& <2^{\frac{3}{2} i+2}+u^{2} \sqrt{2^{i+1}}\left(C u^{-2}+u^{-2}\right)
\end{aligned}
$$

So for sufficiently small $\delta$ the points on $B_{u}(x, t) \times\left\{t-u^{2}\right\}$ are admissible. Furthermore, since $t_{0}-t+u^{2} \geq \frac{1}{3} 2^{i-1}$, we find

$$
l\left(y, t_{0}-t+u^{2}\right)<\frac{1}{2 \sqrt{2^{i-1} / 3}}\left(2^{\frac{3}{2} i+2}+\sqrt{2^{i+1}}(C+1)\right)=: E
$$

and thus

$$
\tilde{V}_{\mathrm{adm}}\left(r^{2}\right) \geq \tilde{V}_{\mathrm{adm}}\left(t_{0}-t+u^{2}\right) \geq\left(2^{i+1}\right)^{-3 / 2} e^{-E} \cdot C^{-3 / 2} \kappa_{i} u^{3}
$$

In the cases $i=0,1$ the estimation of $\tilde{V}_{\text {adm }}\left(r^{2}\right)$ is even easier. Observe that we have control over the scalar curvature at times $[0, t]=\left[0, \frac{1}{4}\right]$ and that there are no surgery times before time $\frac{1}{2}$. Moreover, $\mathcal{M}(0)$ is 1-noncollapsed on scales $<1$. The reasoning is then almost the same as in the proof of the No Local Collapsing Theorem 4.2.4.

Noncollapsedness at $\left(x_{0}, t_{0}\right)$ Analogous to (4.4) let

$$
D_{\mathrm{adm}}^{\tau}:=\left\{\begin{array}{ll}
v \in T_{x_{0}} M: \begin{array}{l}
\gamma_{v}:[0, \tau+\delta] \rightarrow M \text { is } \mathcal{L} \text {-minimizing } \\
\text { and admissible for some } \delta>0
\end{array}
\end{array}\right\}
$$

be the admissible domain. It is easy to see that

$$
\tilde{V}_{\mathrm{adm}}(\tau)=\int_{D_{\mathrm{adm}}^{\tau}} \tau^{-n / 2} e^{-l_{\tau}(v)} J_{\tau}(v) \mathrm{d} v
$$

Now we can go through the steps of the proof of Lemma 4.2.3 to find that the lower bound on $\tilde{V}_{\text {adm }}\left(r^{2}\right)$ implies that there is a constant $\kappa_{i+1}>0$ such that $\operatorname{vol}_{t_{0}} B_{r}\left(x_{0}, t_{0}\right) \geq \kappa_{i+1} r^{3}$ (we just have to consider the set of admissible points instead of the manifold resp. the admissible domain instead of the domain).

## Chapter 8

## Outlook

So far we have proven that a Ricci flow with surgery $\mathcal{M}$ can always be constructed in the way described in section 7.2 if we start with a manifold $M=\mathcal{M}(0)$ having normalized geometry such that surgery times do not accumulate. So in a finite time interval there are only finitely many surgery times. It is now important to analyze the long time behaviour of $\mathcal{M}$.

If the manifold $\mathcal{M}(t)$ is empty for some large $t$, we say that the Ricci flow goes extinct after finite time. In this case it is easy to see that $M$ is a connected sum of space forms and a certain number of copies of $S^{2} \times S^{1}$. Using Corollary 2.5.5, we can show that extinction in finite time is always guarateed if $M$ has positive scalar curvature. Note hereby that after a surgery the minimum of the scalar curvature does not decrease.

So we have proved
Theorem 8.0.1. Every compact orientable Riemannian 3-manifold of positive scalar curvature is a connected sum of space forms and finitely many copies of $S^{2} \times S^{1}$.

We will now describe how the Poincaré Conjecture can be shown using Ricci flow with surgery. Assume therefore $M$ to be simply connected. Then $M$ is already homotopy equivalent to $S^{3}$ (see [Hat, Prop. 3.7]). By Theorem 1.5 in [Hat] $M$ admits a unique decomposition $M=P_{1} \# \ldots \# P_{m}$ as a connected sum of closed 3-manifolds $P_{1}, \ldots, P_{m}$ that are irreducible (i.e. every embedded 2 -sphere bounds an embedded ball) such that none of these manifolds is diffeomorphic to $S^{3}$ if $m>1$. From van Kampen's Theorem we conclude that all the manifolds $P_{1}, \ldots, P_{m}$ are simply connected. If these manifolds are 3 -spheres, $M$ is a 3 -sphere as well. This shows that in order to prove the Poincaré Conjecture, we may assume $M$ to be irreducible. Note that under this assumption the surgeries in $\mathcal{M}$ do not change the diffeomorphism type of the manifold. Looking closer at the surgery process we find that at any surgery time for any $\xi>0$ the metric on the postsurgery time slice is at most $1+\xi$ times the metric on the presurgery time slice for an appropriate identification of the pre- and postsurgery time slice.

If we could prove that the Ricci flow $\mathcal{M}$ goes extinct after finite time, we would get that $M$ can only be a 3 -sphere and this would prove the Poincaré conjecture. There are two arguments for this extinction result known to the author:
(A) The first argument is due to Perelman. Let $\Lambda M$ be the space of all loops in $M$. Since $M$ is a homotopy sphere, we have $\pi_{3} M \cong \mathbb{Z}$. Observe now that $\pi_{3} M \cong \pi(\Lambda M, M)$ by the following reason: It is easy to see that $S^{3} \approx S^{1} \times \mathbb{D}^{2} / \sim$ where $(x, y) \sim\left(x^{\prime}, y\right)$ if $y \in \partial \mathbb{D}^{2}$. So any map $\beta: S^{3} \rightarrow M$ can be seen as a map $\left(\mathbb{D}^{2}, \partial \mathbb{D}^{2}\right) \rightarrow(\Lambda M, M)$ and vice versa. Fix a nontrivial class $\alpha \in \pi(\Lambda M, M)$. Now for any continuously differentiable $c \in \Lambda M$ define $A_{t}(c)$ to be the infimum over the areas of all discs in $\mathcal{M}(t)$ whose boundary is $c$. Furthermore, for any continuously differentiable map
$\beta:\left(\mathbb{D}^{2}, \partial \mathbb{D}^{2}\right) \rightarrow(\Lambda M, M)$ set

$$
A_{t}(\beta):=\sup _{x \in \mathbb{D}^{2}} A_{t}(\beta(x))
$$

Finally, define

$$
A_{t}(\alpha):=\inf _{\beta \in \alpha} A_{t}\left(\gamma^{\prime}\right)
$$

where the infimum is only taken over continuously differentiable $\beta$. In $[\mathrm{Per} 3]$ it is shown ${ }^{1}$ that

$$
\begin{equation*}
\dot{A}_{t}(\alpha) \leq-2 \pi-\frac{1}{2} \min _{\mathcal{M}(t)} S A_{t}(\alpha) \tag{8.1}
\end{equation*}
$$

Moreover, if $t>0$ is a surgery time, the fact that the metric shrinks after a surgery implies $A_{t^{+}}(\alpha) \leq A_{t^{-}}(\alpha)$. Now observe that since $S \geq-3$ on $\mathcal{M}(0)$ and since the minimum of the scalar curvature in nondecreasing under a surgery, Corollary 2.5.5 gives $S \geq-\frac{3}{1+2 t}$ on $\mathcal{M}(t)$. Combining this with (8.1), we find

$$
\frac{\mathrm{d}}{\mathrm{~d} t}\left(\frac{A_{t}(\alpha)}{\left(\frac{1}{2}+t\right)^{3 / 4}}\right) \leq-\frac{2 \pi}{\left(\frac{1}{2}+t\right)^{3 / 4}}
$$

Since the right hand side is non-integrable at infinity, this implies that if $\mathcal{M} \operatorname{did}$ not go extinct after finite time, we must have $A_{t}(\alpha)<0$ for large $t$. A contradiction.
Note that the proof of (8.1) requires some non-basic analytical tools such as the existence of minimal area disc with prescribed boundary, an analysis of their boundary behaviour and the theory of the curve shortening flow.
(B) The second argument was developed by Colding and Minicozzi. Fix a nontrivial class $\alpha \in \pi_{3} M \cong \pi_{1}\left(\mathcal{C}\left(S^{2}, M\right), M\right)$. We understand this identification in the following sense: any continuous map $\beta: S^{3} \rightarrow M$ can be seen as a map $\beta:([0,1], \partial[0,1]) \rightarrow$ $\left(\mathcal{C}\left(S^{2}, M\right), M\right)$ that is a map $\beta:[0,1] \times S^{2} \rightarrow M$ with the property that $\beta(0, \cdot)$ and $\beta(1, \cdot)$ are constant. Define now

$$
W_{t}(\alpha):=\inf _{\beta \in \alpha} \sup _{s \in[0,1]} E_{t}(\beta(s, \cdot))
$$

where $E_{t}$ denotes the energy and the infimum is taken over all $\beta$ such that $\beta(s, \cdot)$ is continuous and $L_{1}^{2}$ for all $s \in[0,1]$. It can now be shown that

$$
\begin{equation*}
\dot{W}_{t}(\alpha) \leq-4 \pi-\frac{1}{2} \min _{\mathcal{M}(t)} S W_{t}(\alpha) \tag{8.2}
\end{equation*}
$$

Moreover it is easy to see that if $t$ is a surgery time, we have $W_{t^{+}}(\alpha) \leq W_{t^{-}}(\alpha)$. Analogous to (A) we can conclude extinction in finite time.
A proof of (8.2) can be found in [CM1]. However, the proof assumes a profound knowledge about results in the theory of minimal surfaces and the construction of so-called min-max surfaces. Recently, the authors of [CM1] have published an update [CM2] which promises to explain these prerequisites.

In order to prove the Geometrization Conjecture, we have to analyze the behaviour of $\mathcal{M}$ for $t \rightarrow \infty$. Observe that if $M$ is an arbitrary oriented closed 3-manifold, extinction may not take place. In [Per2, Sec 6,7] and [KL, Sec 80ff] it is shown that for large $t$ the time slice $\mathcal{M}(t)$ is the union of two sets called the thick part $\mathcal{M}_{\text {thick }}(t)$ and the thin part $\mathcal{M}_{\text {thin }}(t)$. The thick part gets closer and closer to a hyperbolic metric and points $x$

[^5]in the thin part have the following property: there is a radius $\rho<\operatorname{diam} \mathcal{M}(t)$ such that $K \geq-\rho^{-2}$ on $B_{\rho}(x, t)$ and $\frac{1}{\rho^{3}} \operatorname{vol}_{t} B_{\rho}(x, t)$ is smaller than some constant that goes to 0 as $t \rightarrow \infty$. So $\mathcal{M}_{\text {thick }}(t)$ is a hyperbolic manifold for large $t$. Furthermore, it is possible to show that its the cuspidal tori are incompressible in $\mathcal{M}(t)$.

Now it remains to prove that $\mathcal{M}_{\text {thin }}(t)$ is essentially a certain type of manifold which admits a decomposition as required in the Geometrization Conjecture. Unfortunately, there is no complete proof of this fact in the literature by now.

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[^0]:    ${ }^{1}$ For an introduction to Hodge theory see [Roe, Chp 6]. However we can also directly prove that $\alpha \neq 0$ in $H^{1}(M ; \mathbb{R})$ : Assume $\alpha=\mathrm{d} f$. The parallelity of $\alpha$ implies Hess $f \equiv 0$, so $f \equiv$ const.

[^1]:    ${ }^{2}$ If $N$ is not isometric to the round $S^{2}$ we can either use the result of [Ham2] or the facts that $N$ has no nontrivial orientation preserving isometries without fixed points (Therem $3.7 \mathrm{in}[\mathrm{dCa}]$ ) and that any orientation preserving isometry of $N$ is isotopic to the identity since it is a Möbius transform on $N \approx \mathbb{C} P^{1}$ where we choose the induced complex structure on $N$.

[^2]:    ${ }^{1}$ Note that we may in fact speak of the set $\mathcal{X}_{\mathrm{cp}}$ since every metric space satisfying the above conditions has cardinality $\leq \aleph_{1}$. However, this is not important in the following theory.

[^3]:    ${ }^{1}$ We have to be careful since the manifold $M$ need not be compact. Observe that since $L(x, \tau) \rightarrow \infty$ for $\operatorname{dist}_{0}\left(x, x_{0}\right) \rightarrow \infty$, we can apply the weak maximum principle for manifolds with boundary.

[^4]:    ${ }^{1}$ There is a little subtlety since $B_{d_{0}}(p) \backslash\{p\}$ is not complete. However by the preceding results, all minimizing geodesics that are used in the proof of Toponogov's Theorem do not hit $p$.

[^5]:    ${ }^{1}$ Observe that in [Per3] Perelman proves the Elliptization Conjecture which is more general than the Poincaré Conjecture.

