University of Colorado Department of Mathematics Problem of the Month November 2009

You have n positive real numbers satisfying

$$\begin{array}{ll} x_1 + \dots + x_n &\leq 300, \\ x_1^2 + \dots + x_n^2 &\geq 10,000. \end{array}$$

Show that there exist three of them such that the sum of those three is at least 100.