

ALMOST RIGIDITY OF CONVEX HYPERSURFACES VIA THE EXTINCTION TIME OF MEAN CURVATURE FLOW

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ABSTRACT. We prove that if a compact convex hypersurface of \mathbb{R}^{n+1} has almost maximal extinction time when it is evolved by the mean curvature flow, then it must be nearly round in the C^0 -norm.

1. Introduction

Denote the sphere S^n by Σ . Let $F_0 : \Sigma \rightarrow \mathbb{R}^{n+1}$ be a smooth embedding such that $\Sigma_0 = F_0(\Sigma)$ is a convex hypersurface of \mathbb{R}^{n+1} . Consider a one-parameter family of smooth embedding $F : \Sigma \times [0, T) \rightarrow \mathbb{R}^{n+1}$ solving the mean curvature flow with initial value F_0 , i.e.,

$$(1) \quad \begin{cases} \frac{\partial}{\partial t} F = -H\nu, \\ F(x, 0) = F_0(x). \end{cases}$$

Though out this note, $\nu(x, t)$, $H(x, t)$ and $A(x, t)$ denote the outer unit normal, the mean curvature and the second fundamental form of $\Sigma_t = F_t(\Sigma)$ at $F_t(x) = F(x, t)$ respectively. By the famous paper of Huisken ([6]), Σ_t remains convex, and the flow exists on a maximal time interval, which is denoted by $[0, T_e)$, such that Σ_t shrink to a point as $t \uparrow T_e$. Recall that under the mean curvature flow, the mean curvature satisfies the following equation:

$$(2) \quad \frac{\partial H}{\partial t} = \Delta H + |A|^2 H.$$

Define $\omega : [0, T_e) \rightarrow \mathbb{R}$ by

$$(3) \quad \omega(t) = \min_{x \in \Sigma} H(x, t).$$

Then $\omega(t)$ satisfies

$$(4) \quad \frac{d\omega(t)}{dt} \geq \frac{\omega^3(t)}{n}.$$

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If we assume Σ_0 satisfies $H \geq n$, i.e., $\omega(0) \geq n$, then we obtain

$$(5) \quad \omega(t) \geq \frac{n}{\sqrt{1-2nt}},$$

thus $T_e \leq \frac{1}{2n}$. By the strong maximum principle, $T_e = \frac{1}{2n}$ holds if and only if Σ_0 is a round sphere of radius 1.

In this short note, we prove that, if the extinction time T_e is very close to $\frac{1}{2n}$, then Σ_0 is nearly round.

Though out this note, for any $r > 0$, we denote by $S^n(r) = \{x \in \mathbb{R}^{n+1} \mid |x| = r\}$, $B^{n+1}(r) = \{x \in \mathbb{R}^{n+1} \mid |x| < r\}$.

Theorem 1.1. *For any $\eta > 0$, there exists $\tau > 0$ such that if $F_0 : \Sigma \rightarrow \mathbb{R}^{n+1}$ is an embedding satisfying*

(A) $\Sigma_0 = F_0(\Sigma)$ is a convex hypersurface in \mathbb{R}^{n+1} , $H \geq n$ on Σ_0 ;

and the mean curvature flow with initial value F_0 has extinction time $T_e > \frac{1}{2n} - \tau$, then there exists a vector $v \in \mathbb{R}^{n+1}$ such that $v + \Sigma_0$ is η -close to the unit sphere $S^n(1)$ in the C^0 -norm.

Let $\Sigma_0 \subset \mathbb{R}^{n+1}$ be a convex compact hypersurface with the origin 0 contained in the interior of the domain enclosed by Σ_0 , we say Σ_0 is η -close to $S^n(1)$ in the C^0 -norm if, when we express Σ_0 as the graph of a function $u : S^n(1) \rightarrow \mathbb{R}^+$ via the polar coordinate, we have $|u - 1| < \eta$.

The C^0 -closeness in Theorem 1.1 is the optimal conclusion on the regularity, which can be seen from the following example. Let Σ_0 be a smooth convex hypersurface lying in the interior of $B^{n+1}(1)$ and suppose Σ_0 is δ -close to $S^n(1)$ in the C^0 -norm. It is easy to see $H \geq n$ on Σ_0 . Since $\Sigma'_0 = S^n(1 - \delta)$ lies in the domain bounded by Σ_0 , under the mean curvature flow, Σ'_t still lies in the domain bounded by Σ_t , thus the extinction time of Σ_0 satisfies $T_e > \frac{1}{2n} - \delta_1$, where $\delta_1 \rightarrow 0$ as $\delta \rightarrow 0$.

A similar property as in Theorem 1.1 holds for solutions of Ricci flow, see Theorem 1.1 in Bamler and Maximó's paper [1]. Theorem 1.1 is motivated by [1], and its proof follows the ideas in [1] closely. There are also many almost rigidity type theorems for Riemannian manifolds, see e.g. [2, 3] etc.

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2. Proof of Theorem 1.1

Before the proof, we fix some notations. We denote by $T_0 = \frac{1}{4n}$, $\rho(t) = \frac{n}{\sqrt{1-2nt}}$. For the mean curvature flow solution $F : \Sigma \times [0, T) \rightarrow \mathbb{R}^{n+1}$, we denote by g_t the induced metric on Σ by the embedding F_t , and by d_t the distance induced by g_t . We use $B_{g_t}(x, r)$ to denote the geodesic ball with respect to the metric g_t . If we consider a sequence of solutions of mean curvature flow $F_i : \Sigma \times [0, T) \rightarrow \mathbb{R}^{n+1}$, we use the notations $F_{i,t}$, $H_i(x, t)$, $A_i(x, t)$, $g_{i,t}$, $d_{i,t}$ etc. to emphasize parameter i .

We recall the Harnack inequality for convex mean curvature flow due to Hamilton ([5]), which is very important in the argument of this note:

Proposition 2.1. *Let $F : \Sigma \times (0, T) \rightarrow \mathbb{R}^{n+1}$ be a convex solution to the mean curvature flow. Then for any $0 < t_1 < t_2 < T$, we have*

$$(6) \quad H(x_1, t_1) \leq \sqrt{\frac{t_2}{t_1}} \exp\left(\frac{d_{t_1}^2(x_1, x_2)}{4(t_2 - t_1)}\right) H(x_2, t_2).$$

In the remaining part of this paper, we go to the proof of Theorem 1.1.

Lemma 2.2. *For any small positive number δ , there exists $\tau = \tau(n, \delta) > 0$ such that if F_t is a mean curvature flow with initial value F_0 satisfying (A) and has extinction time $T_e > \frac{1}{2n} - \tau$, then $\omega(t) < \rho(t) + \delta$ holds for every $t \in (0, T_0]$.*

Proof. Given $\delta > 0$, suppose there is some $\bar{t} \in (0, T_0]$ such that $\omega(\bar{t}) \geq \rho(\bar{t}) + \delta$, then by (4), for any $t \geq \bar{t}$, it holds

$$(7) \quad \omega(t) \geq \left(\frac{1}{(\rho(\bar{t}) + \delta)^{-2} - \frac{2}{n}(t - \bar{t})}\right)^{\frac{1}{2}}.$$

Thus

$$(8) \quad \begin{aligned} T_e &\leq \bar{t} + \frac{n}{2}(\rho(\bar{t}) + \delta)^{-2} \\ &= \bar{t} + \frac{1 - 2n\bar{t}}{2n} \frac{1}{(1 + \frac{\sqrt{1-2n\bar{t}}}{n}\delta)^2} \\ &\leq \bar{t} + \frac{1 - 2n\bar{t}}{2n} \frac{1}{1 + C_1\delta} \\ &\leq \bar{t} + \frac{1 - 2n\bar{t}}{2n}(1 - C_2\delta) \\ &\leq \frac{1}{2n} - C_3\delta, \end{aligned}$$

where C_1, C_2, C_3 are positive numbers depending only on n , and we assume δ is sufficiently small, and use $\bar{t} \in (0, \frac{1}{4n}]$ in the last three inequalities. In other word, if $T_e > \frac{1}{2n} - C_3\delta$, then $\omega(t) < \rho(t) + \delta$ holds for every $t \in (0, T_0]$. \square

The following lemma is similar to Lemma 2.3 of [1], and the proof here is a modification of [1].

Lemma 2.3. *There exists a positive constant $K = K(n)$ such that, for any $t_2 \in (0, T_0]$, there exists $t_1 \in (\frac{t_2}{2}, t_2)$ depending only on t_2 and n such that, let $F : \Sigma \times [0, T_0] \rightarrow \mathbb{R}^{n+1}$ be a mean curvature flow with initial value satisfying (A), if there exists a point $\bar{x} \in \Sigma$ such that $H(\bar{x}, t_2) < \rho(t_2) + 1$, then there exists a bounded nonnegative Lipschitz function $u(x, t)$ defined on $\Sigma \times [t_1, t_2]$ satisfying:*

- (a) $(\frac{d}{dt} - \Delta_{g_t})u(x, t) \leq 0$ in the barrier sense;
- (b) $\forall t \in [t_1, t_2]$, $u(x, t)$ is supported in $B_{g_t}(\bar{x}, K\sqrt{t_2 - t})$;

(c) $0 \leq u(\cdot, t) \leq 1$ and $u(\bar{x}, t) = \sqrt{t_2 - t}$.

Proof. Let $\varphi : [0, \infty) \rightarrow [0, \infty)$ be a fixed smooth function with $\varphi = 1$ on $[0, 1]$, $\varphi \geq \frac{1}{2}$ on $[0, 2]$, $\varphi = 0$ on $[3, \infty)$, $\varphi' \leq 0$ on $[0, \infty)$, and $\varphi'' \geq 0$ on $[2, \infty)$. Then we can always choose $\alpha = \alpha(n) > 0$ (in fact, α also depends on the fixed function φ) sufficiently small such that

$$(9) \quad -\frac{1}{2}\varphi(r) + \frac{1}{2}r\varphi'(r) \leq 4\alpha r\varphi''(r) + 2\alpha n\varphi'(r)$$

holds for every $r \geq 0$. One can easily check that such α always exists, see the Appendix of [1].

Then we fix $K = K(n)$ such that $\alpha K^2 > 3$.

By the Harnack inequality (6) and the convexity of the hypersurfaces, for any $t \in (\frac{t_2}{2}, t_2)$ and $x \in B_{g_t}(\bar{x}, 2K\sqrt{t_2 - t})$, it holds

$$(10) \quad |A(x, t)| \leq H(x, t) \leq \sqrt{\frac{t_2}{t}} \exp\left(\frac{d_{\bar{t}}^2(x, \bar{x})}{4(t_2 - t)}\right) (\rho(t_2) + 1) \leq C(n, t_2).$$

For any $x, y \in B_{g_t}(\bar{x}, K\sqrt{t_2 - t})$, let $\gamma : [0, d_t(x, y)] \rightarrow B_{g_t}(\bar{x}, 2K\sqrt{t_2 - t})$ be a path connecting x and y which is a shortest geodesic with respect to g_t and parametrized by arc length. Let $L_{\bar{t}}$ be the length of γ with respect to $g_{\bar{t}}$, where \bar{t} is in a small neighborhood of t , then we have

$$(11) \quad \begin{aligned} \frac{d}{d\bar{t}} \Big|_{\bar{t}=t} L_{\bar{t}} &= \int_0^{d_t(x,y)} \left(\frac{\partial}{\partial \bar{t}} \Big|_{\bar{t}=t} \sqrt{g_{\bar{t}}\left(\frac{d\gamma}{ds}, \frac{d\gamma}{ds}\right)} \right) ds \\ &= - \int_0^{d_t(x,y)} HA\left(\frac{d\gamma}{ds}, \frac{d\gamma}{ds}\right) \geq -C^2 d_t(x, y), \end{aligned}$$

where we use (10) in the last inequality. Thus by (11),

$$(12) \quad \begin{aligned} \frac{d}{d\bar{t}^-} \Big|_{\bar{t}=t} d_{\bar{t}}(x, y) &= \lim_{\bar{t} \rightarrow t^-} \frac{d_{\bar{t}}(x, y) - d_t(x, y)}{\bar{t} - t} \\ &\geq \lim_{\bar{t} \rightarrow t^-} \frac{L_{\bar{t}} - L_t}{\bar{t} - t} \geq -C^2 d_t(x, y). \end{aligned}$$

Since $t \mapsto d_t(x, y)$ is a Lipschitz function, it is differentiable for almost every t , and at those differentiable point, it holds

$$(13) \quad \frac{\partial}{\partial t} d_t(x, y) = \frac{d}{dt^-} d_t(x, y) \geq -C^2 d_t(x, y).$$

The function $u(x, t)$ will be chosen to have the form

$$(14) \quad u(x, t) = \sqrt{t_2 - t} \varphi\left(\alpha \frac{d_{\bar{t}}^2(\bar{x}, x)}{t_2 - t}\right).$$

It is easy to see that u satisfies (b) and (c).

By direct computation,

$$(15) \quad \left(\frac{d}{dt^-} - \Delta_{g_t}\right)u(x, t) \leq -\frac{1}{2\sqrt{t_2 - t}}\varphi + \alpha \frac{d_{\bar{t}}^2}{(t_2 - t)^{\frac{3}{2}}}\varphi' - 2\alpha C^2 \frac{d_{\bar{t}}^2}{\sqrt{t_2 - t}}\varphi'$$

$$-4\alpha^2 \frac{d_t^2}{(t_2 - t)^{\frac{3}{2}}} \varphi'' - 2n\alpha \frac{1}{\sqrt{t_2 - t}} \varphi'$$

holds in the barrier sense, where we use (12) and the Laplacian comparison Theorem (recall that (Σ, g_t) has positive sectional curvature). In (15), d_t is short for $d_t(\bar{x}, x)$.

Choose $t_1 \in (\frac{t_2}{2}, t_2)$ such that $(t_2 - t_1)C^2 < \frac{1}{4}$. Recall that it holds $\varphi' \leq 0$ and (9), we have $(\frac{d}{dt^-} - \Delta_{g_t})u(x, t) \leq 0$ on $\Sigma \times [t_1, t_2)$. \square

Lemma 2.4. *Suppose K is the constant given in Lemma 2.3. For any $t_2 \in (0, T_0]$, suppose $t_1 \in (\frac{t_2}{2}, t_2)$ is given in Lemma 2.3. Given $\theta > 0$ small, there exists $\delta = \delta(\theta, t_2, n) \in (0, 1)$ such that, suppose $F : \Sigma \times [0, T_0) \rightarrow \mathbb{R}^{n+1}$ is a mean curvature flow with initial value satisfying (A), if there exists $\bar{x} \in \Sigma$ such that $H(\bar{x}, t_2) \leq \rho(t_2) + \delta$, then there exists $y \in B_{g_{t_1}}(\bar{x}, K\sqrt{t_2 - t_1})$ satisfying $H(y, t_1) \leq \rho(t_1) + \theta$.*

Proof. Suppose there exists a small θ such that, for any i there exists a mean curvature flow $F_i : \Sigma \times [0, T_0) \rightarrow \mathbb{R}^{n+1}$ with initial value satisfying (A), and there exists $\bar{x}_i \in \Sigma$ such that $\rho(t_2) \leq H_i(\bar{x}_i, t_2) \leq \rho(t_2) + \frac{1}{i}$, but $H_i(y, t_1) > \rho(t_1) + \theta$ for any $y \in B_{g_{i,t_1}}(\bar{x}_i, K\sqrt{t_2 - t_1})$.

Let $u_i(x, t) : \Sigma \times [t_1, t_2) \rightarrow \mathbb{R}^+$ be the functions constructed in Lemma 2.3. Thus

$$\begin{aligned} (16) \quad & \frac{d}{dt^-} (H_i(x, t) - \theta u_i(x, t)) \\ & \geq \Delta(H_i(x, t) - \theta u_i(x, t)) + \frac{1}{n} H_i^3(x, t) \\ & \geq \Delta(H_i(x, t) - \theta u_i(x, t)) + \frac{1}{n} (H_i(x, t) - \theta u_i(x, t))^3. \end{aligned}$$

Note that for any $x \in \Sigma$,

$$(17) \quad H_i(x, t_1) \geq \rho(t_1) + \theta u_i(x, t_1),$$

with the strict inequality holds for $x \in B_{g_{i,t_1}}(\bar{x}_i, K\sqrt{t_2 - t_1})$. Thus by the maximum principle, for any $t \in (t_1, t_2)$, we have

$$(18) \quad H_i(x, t) > \rho(t) + \theta u_i(x, t).$$

In particular,

$$(19) \quad H_i(\bar{x}_i, t) > \rho(t) + \theta\sqrt{t_2 - t}.$$

On the other hand, by Proposition 2.1, for any $t \in [t_1, t_2]$,

$$(20) \quad H_i(\bar{x}_i, t) \leq \sqrt{\frac{t_2}{t}} H_i(\bar{x}_i, t_2) \leq \sqrt{\frac{t_2}{t}} (\rho(t_2) + \frac{1}{i}),$$

hence

$$(21) \quad \rho(t) + \theta\sqrt{t_2 - t} < \sqrt{\frac{t_2}{t}} (\rho(t_2) + \frac{1}{i})$$

holds for every $t \in (t_1, t_2]$ and any i .

Note that there exists a positive constant C depending on t_2 and n such that $|\sqrt{\frac{t_2}{t}}\rho(t_2) - \rho(t)| \leq C(t_2 - t)$ for every $t \in [t_1, t_2]$. Let $i \rightarrow \infty$ in (21), we have

$$(22) \quad \theta\sqrt{t_2 - t} \leq C(t_2 - t)$$

for every $t \in [t_1, t_2]$, which is a contradiction. □

Lemma 2.5. *Suppose that K is the constant given in Lemma 2.3. Given $t_2 \in (0, T_0]$, suppose $t_1 \in (\frac{t_2}{2}, t_2)$ is given in Lemma 2.3. Then for any $\epsilon > 0$, there exists a $\delta = \delta(\epsilon, t_2, n) \in (0, 1)$ satisfying the following property: suppose $F : \Sigma \times [0, T_0) \rightarrow \mathbb{R}^{n+1}$ is a mean curvature flow with initial value $F_0(\Sigma)$ satisfying (A), and there exists some $\bar{x} \in \Sigma$ satisfying $H(\bar{x}, t_2) \leq \rho(t_2) + \delta$, then*

$$(23) \quad \max_{x \in \Sigma} |A(x, t_1) - \frac{1}{n}\rho(t_1)\text{Id}| < \epsilon.$$

Proof. Suppose that on the contrary, there exists $\epsilon_0 > 0$ such that, for any i there exist a mean curvature flow $F_i : \Sigma \times [0, T_0) \rightarrow \mathbb{R}^{n+1}$ with initial value satisfying (A) and $\bar{x}_i \in \Sigma$ with $H_i(\bar{x}_i, t_2) \leq \rho(t_2) + \frac{1}{i}$, but the conclusion (23) fails for ϵ_0 .

By Lemma 2.4, there exist points $y_i \in B_{g_{i,t_1}}(\bar{x}_i, K\sqrt{t_2 - t_1})$ such that $\rho(t_1) \leq H_i(y_i, t_1) < \rho(t_1) + \delta_i$ with $\delta_i \rightarrow 0$ as $i \rightarrow \infty$. Without loss of generality, we assume $F_{i,t_1}(y_i) = 0 \in \mathbb{R}^{n+1}$.

Now we fix $D = \frac{16n\pi}{\rho(t_1)}$. By (6), for any $x \in B_{g_{i,t_1}}(y_i, D)$,

$$(24) \quad H_i(x, t_1) \leq \sqrt{\frac{t_2}{t_1}} \exp\left(\frac{(K\sqrt{t_2 - t_1} + D)^2}{4(t_2 - t_1)}\right) H_i(\bar{x}_i, t_2) \leq C(t_2, n),$$

and for any $t \in [\frac{t_1}{2}, t_1]$,

$$(25) \quad H_i(x, t) \leq \sqrt{\frac{t_1}{t}} H_i(x, t_1) \leq C(t_2, n).$$

Thus by the convexity of the hypersurface, for any $(x, t) \in B_{g_{i,t_1}}(y_i, D) \times [\frac{t_1}{2}, t_1]$, we have $|A_i(x, t)| \leq H_i(x, t) \leq C(t_2, n)$. Furthermore, by the curvature estimate of mean curvature flow (see [4]), for any $k \geq 1$, $|\nabla^k A_i(x, t)|$ is uniformly bounded on $B_{g_{i,t_1}}(y_i, \frac{D}{2}) \times [\frac{3t_1}{4}, t_1]$.

Thus by the method in [7], we can prove that, after passing to a subsequence of $\{i\}$, there exist an open set $U \subset \Sigma$ and a sequence of diffeomorphisms $\phi_i : U \rightarrow U_i \subset \Sigma$, such that $F_i(\phi_i(x), t)$ converges smoothly to a solution of mean curvature flow $F_\infty(x, t) : U \times [\frac{3t_1}{4}, t_1] \rightarrow \mathbb{R}^{n+1}$ and satisfy: (a) $B_{g_{i,t_1}}(y_i, \frac{D}{4}) \subset U_i \subset B_{g_{i,t_1}}(y_i, \frac{D}{2})$; (b) $\phi_i^{-1}(y_i) \rightarrow x_\infty \in U$ and hence $F_{\infty,t_1}(x_\infty) = 0$; (c) $H_\infty(x, t) \geq \rho(t)$ for every $(x, t) \in U \times [\frac{3t_1}{4}, t_1]$, and $H_\infty(x_\infty, t_1) = \rho(t_1)$. By

the strong maximum principle, we have $H_\infty(x, t) = \rho(t)$ and hence

$$A_\infty(x, t) = \frac{1}{n}\rho(t)\text{Id}$$

for every $(x, t) \in U \times [\frac{3t_1}{4}, t_1]$. Thus

$$(26) \quad \max_{x \in B_{g_i, t_1}(y_i, \frac{D}{4})} |A_i(x, t_1) - \frac{1}{n}\rho(t_1)\text{Id}| \rightarrow 0$$

as $i \rightarrow \infty$.

By (26) and Gauss equations, for i sufficiently large, we have

$$\text{Ric}_{g_i, t_1} \geq \frac{n-1}{4n^2}(\rho(t_1))^2$$

on $B_{g_i, t_1}(y_i, \frac{D}{4})$. Then by Myer's Theorem, $B_{g_i, t_1}(y_i, \frac{D}{4})$ is the whole Σ . Thus (26) contradicts to the assumption at the begin and we complete the proof. \square

We complete the proof of Theorem 1.1 in the following.

Proof of Theorem 1.1. Suppose there exists $\eta > 0$ such that for any i , there exists a sequence of embeddings $F_{i,0} : \Sigma \rightarrow \mathbb{R}^{n+1}$ satisfying the assumption (A) and the mean curvature flow $F_i : \Sigma \times [0, T_i] \rightarrow \mathbb{R}^{n+1}$ with initial value $F_{i,0}$ has extinction time $T_i \rightarrow \frac{1}{2n}$ as $i \rightarrow \infty$, but there does not exist a vector $v \in \mathbb{R}^{n+1}$ such that $v + F_{i,0}(\Sigma)$ can be viewed as a graph over $S^n(1)$ with C^0 -norm less than η .

We choose a sequence of times $t_{2,i} \in (0, T_0)$ such that $t_{2,i} \rightarrow 0$ as $i \rightarrow \infty$. By Lemma 2.2, there exists $x_i \in \Sigma$ such that $H_i(x_i, t_{2,i}) < \rho(t_{2,i}) + \delta_i$, where $\delta_i \rightarrow 0$ as $i \rightarrow \infty$.

Then by Lemmas 2.3-2.5, there exist times $t_{1,i} \in (\frac{t_{2,i}}{2}, t_{2,i})$ such that

$$(27) \quad \max_{x \in \Sigma} |A_i(x, t_{1,i}) - \frac{1}{n}\rho(t_{1,i})\text{Id}| < \epsilon_i,$$

where $\epsilon_i \rightarrow 0$ as $i \rightarrow \infty$.

Then by a compactness argument as in [7], we conclude that, for every i there is a vector $v_i \in \mathbb{R}^{n+1}$ such that, $v_i + F_{i,t_{1,i}}(\Sigma)$ is η_i -close in the $C^{1,1}$ -norm to $S^n(1)$ with $\eta_i \rightarrow 0$.

By Proposition 2.1 and (27), for $t \in (0, t_{1,i}]$ and $x \in \Sigma$, we have

$$(28) \quad H_i(x, t) \leq \sqrt{\frac{t_{1,i}}{t}} H_i(x, t_{1,i}) \leq \frac{C}{\sqrt{t}}.$$

Here and in the following, C denotes a positive constant depending only on n , but the values of C may change in different lines. By (28),

$$(29) \quad |F_i(x, 0) - F_i(x, t_{1,i})| \leq \int_0^{t_{1,i}} |H_i(x, s)| ds \leq \int_0^{t_{1,i}} \frac{C}{\sqrt{s}} ds \leq C\sqrt{t_{1,i}},$$

which implies that $F_{i,0}(\Sigma)$ is $C\sqrt{t_{1,i}}$ close to $F_{i,t_{1,i}}(\Sigma)$ in the Hausdorff distance. Hence $F_{i,0}(\Sigma) + v_i$ is $C(\sqrt{t_{1,i}} + \eta_i)$ -close to $S^n(1)$ in the Hausdorff distance. Because $F_{i,0}(\Sigma)$ is convex, $F_{i,0}(\Sigma) + v_i$ is a graph over $S^n(1)$ with C^0 -norm

less than $C(\sqrt{t_{1,i}} + \eta_i)$, which contradicts to the assumption at the beginning of the proof. The proof is completed. \square

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