









12:00 EDT	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
13:00 EDT	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
14:00 EDT	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
15:00 EDT	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
16:00 EDT	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
17:00 EDT	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
18:00 EDT	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
19:00 EDT	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
20:00 EDT	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
21:00 EDT	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
22:00 EDT	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
23:00 EDT	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500

IMO-NYISO

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	1150	284	1150	395	1150	395	1150	395	1150	395
01:00 EDT	1150	0	1150	301	1150	301	1150	301	1150	301
02:00 EDT	1150	0	1150	301	1150	301	1150	301	1150	301
03:00 EDT	1150	0	1150	301	1150	301	1150	301	1150	301
04:00 EDT	1150	0	1150	301	1150	301	1150	301	1150	301
05:00 EDT	1150	0	1150	301	1150	301	1150	301	1150	301
06:00 EDT	1150	0	1150	301	1150	301	1150	301	1150	301
07:00 EDT	1150	102	1150	300	1150	301	1150	301	1150	300
08:00 EDT	1150	286	1150	226	1150	226	1150	226	1150	226
09:00 EDT	1150	61	1150	1	1150	1	1150	1	1150	0
10:00 EDT	1150	231	1150	160	1150	160	1150	161	1150	161
11:00 EDT	1150	231	1150	46	1150	46	1150	45	1150	45
12:00 EDT	1150	356	1150	278	1150	279	1150	278	1150	278
13:00 EDT	1150	306	1150	193	1150	193	1150	193	1150	193
14:00 EDT	1150	256	1150	245	1150	246	1150	245	1150	246
15:00 EDT	1150	106	1150	1	1150	1	1150	0	1150	1
16:00 EDT	1150	176	1150	1	1150	1	1150	1	1150	1
17:00 EDT	1150	176	1150	1	1150	1	1150	0	1150	1
18:00 EDT	1150	106	1150	1	1150	1	1150	1	1150	1
19:00 EDT	1150	206	1150	71	1150	71	1150	71	1150	71
20:00 EDT	1150	145	1150	166	1150	166	1150	165	1150	166
21:00 EDT	1150	101	1150	2	1150	1	1150	2	1150	2
22:00 EDT	1150	71	1150	1	1150	1	1150	1	1150	1
23:00 EDT	1150	21	1150	301	1150	302	1150	301	1150	301

ISONE-NYISO

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	1400	1200	1400	1123	1400	1200	1400	1200	1400	1200
01:00 EDT	1400	1200	1400	1068	1400	1200	1400	1200	1400	1200
02:00 EDT	1400	1200	1400	1200	1400	1200	1400	1200	1400	1200
03:00 EDT	1400	1200	1400	1200	1400	1200	1400	1200	1400	1200
04:00 EDT	1400	1200	1400	1200	1400	1200	1400	1200	1400	1200
05:00 EDT	1400	1200	1400	1200	1400	1200	1400	1200	1400	1200
06:00 EDT	1400	1200	1400	1200	1236	1036	1012	812	753	553
07:00 EDT	1400	1200	923	723	953	753	1067	867	1164	964
08:00 EDT	1400	1200	997	797	1277	1077	1400	1200	1400	1200
09:00 EDT	1400	1200	1400	1200	1400	1200	1400	1200	1400	1200
10:00 EDT	1400	1200	1211	1011	998	798	760	560	1400	1200
11:00 EDT	1400	1200	1400	1200	1400	1200	1400	1200	1400	1200
12:00 EDT	1400	1200	1400	1200	1400	1200	1400	1200	1392	1192
13:00 EDT	1400	1200	1400	1200	1400	1200	1400	1200	1400	1200



16:00 EDT	0	0	0	0	0	0	0	0	0	0
17:00 EDT	0	0	0	0	0	0	0	0	0	0
18:00 EDT	0	0	0	0	0	0	0	0	0	0
19:00 EDT	0	0	0	0	0	0	0	0	0	0
20:00 EDT	0	0	0	0	0	0	0	0	0	0
21:00 EDT	0	0	0	0	0	0	0	0	0	0
22:00 EDT	0	0	0	0	0	0	0	0	0	0
23:00 EDT	0	0	0	0	0	0	0	0	0	0

NPX-CSC

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	330	150	330	50	330	50	330	50	330	50
01:00 EDT	330	150	330	50	330	50	330	50	330	50
02:00 EDT	330	150	330	50	330	50	330	50	330	50
03:00 EDT	330	150	330	50	330	50	330	50	330	50
04:00 EDT	330	150	330	50	330	50	330	50	330	50
05:00 EDT	330	150	330	50	330	50	330	50	330	50
06:00 EDT	330	150	330	50	330	50	330	50	330	50
07:00 EDT	330	0	330	0	330	0	330	0	330	0
08:00 EDT	330	75	330	25	330	25	330	25	330	25
09:00 EDT	330	150	330	50	330	50	330	50	330	50
10:00 EDT	330	330	330	80	330	80	330	80	330	80
11:00 EDT	330	330	330	80	330	80	330	80	330	80
12:00 EDT	330	330	330	80	330	80	330	80	330	80
13:00 EDT	330	330	330	80	330	80	330	80	330	80
14:00 EDT	330	330	330	255	330	255	330	255	330	255
15:00 EDT	330	330	330	330	330	330	330	330	330	330
16:00 EDT	330	330	330	330	330	330	330	330	330	330
17:00 EDT	330	330	330	330	330	330	330	330	330	330
18:00 EDT	330	255	330	255	330	255	330	255	330	255
19:00 EDT	330	150	330	100	330	100	330	100	330	100
20:00 EDT	330	233	330	154	330	154	330	154	330	154
21:00 EDT	330	330	330	299	330	299	330	299	330	299
22:00 EDT	330	330	330	330	330	330	330	330	330	330
23:00 EDT	330	330	330	255	330	255	330	255	330	255

NYISO-HQ

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	1000	375	985	0	985	140	985	140	985	140
01:00 EDT	1000	375	985	0	985	0	985	0	985	0
02:00 EDT	1000	375	985	0	985	0	985	0	985	0
03:00 EDT	1000	375	985	0	985	0	985	0	985	0
04:00 EDT	1000	375	985	0	985	0	985	0	985	0
05:00 EDT	1000	375	985	0	985	0	985	0	985	0
06:00 EDT	1000	425	985	85	985	99	985	99	985	99
07:00 EDT	1000	425	985	234	985	234	985	234	985	234
08:00 EDT	1000	375	985	0	985	0	985	0	985	0
09:00 EDT	1000	375	985	0	985	0	985	0	985	0
10:00 EDT	1000	375	985	0	985	0	985	0	985	0
11:00 EDT	1000	375	985	40	985	40	985	40	985	40
12:00 EDT	1000	375	985	73	985	73	985	73	985	73
13:00 EDT	1000	375	985	71	985	86	985	86	985	86
14:00 EDT	1000	375	985	209	985	66	985	66	985	66
15:00 EDT	1000	375	985	143	985	0	985	0	985	0
16:00 EDT	1000	587	985	212	985	212	985	212	985	212
17:00 EDT	1000	609	985	235	985	234	985	234	985	234

18:00 EDT	1000	375	985	0	985	12	985	12	985	12
19:00 EDT	1000	375	985	100	985	0	985	0	985	0
20:00 EDT	1000	375	985	0	985	0	985	0	985	0
21:00 EDT	1000	375	985	50	985	50	985	50	985	50
22:00 EDT	1000	549	985	75	985	74	985	74	985	74
23:00 EDT	1000	549	985	103	985	102	985	102	985	102

NYISO-IMO

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
01:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
02:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
03:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
04:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
05:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
06:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
07:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
08:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
09:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
10:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
11:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
12:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
13:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
14:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
15:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
16:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
17:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
18:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
19:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
20:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
21:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
22:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700
23:00 EDT	1000	700	1000	700	1000	700	1000	700	1000	700

NYISO-ISONE

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	1800	1106	1800	1600	1800	1579	1800	1491	1800	1555
01:00 EDT	1800	484	1800	1600	1800	1430	1800	1131	1800	1427
02:00 EDT	1800	367	1800	1128	1800	951	1800	790	1800	825
03:00 EDT	1800	178	1800	846	1800	686	1800	696	1800	891
04:00 EDT	1800	202	1800	590	1800	651	1800	792	1800	741
05:00 EDT	1800	80	1800	978	1800	792	1800	845	1800	993
06:00 EDT	1800	0	1800	767	1800	783	1800	808	1800	888
07:00 EDT	1800	705	1800	1083	1800	1147	1800	1151	1800	1221
08:00 EDT	1800	811	1800	924	1800	819	1800	960	1800	1258
09:00 EDT	1800	787	1800	1557	1800	1258	1800	1558	1800	1259
10:00 EDT	1800	1353	1800	1319	1800	1020	1800	901	1800	832
11:00 EDT	1800	1306	1800	1092	1800	948	1800	856	1800	709
12:00 EDT	1800	1391	1800	833	1800	709	1800	483	1800	462
13:00 EDT	1800	1310	1800	259	1800	309	1800	89	1800	94
14:00 EDT	1800	1290	1800	285	1800	319	1800	183	1800	258
15:00 EDT	1800	1121	1800	293	1800	521	1800	457	1800	424
16:00 EDT	1800	1083	1800	723	1800	614	1800	347	1800	398
17:00 EDT	1800	878	1800	486	1800	784	1800	533	1800	469
18:00 EDT	1800	734	1800	767	1800	729	1800	640	1800	828
19:00 EDT	1800	668	1800	751	1800	894	1800	1019	1800	1026

20:00 EDT	1800	844	1800	1114	1800	842	1800	978	1800	879
21:00 EDT	1800	781	1800	898	1800	1024	1800	1053	1800	1171
22:00 EDT	1800	880	1800	1106	1800	1135	1800	1106	1800	1340
23:00 EDT	1800	1099	1800	1345	1800	1579	1800	1600	1800	1378

NYISO-PJM

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
01:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
02:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
03:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
04:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
05:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
06:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
07:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
08:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
09:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
10:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
11:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
12:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
13:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
14:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
15:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
16:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
17:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
18:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
19:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
20:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
21:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
22:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100
23:00 EDT	2400	2100	2400	2100	2400	2100	2400	2100	2400	2100

NYPP EAST

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	7550	4536	7550	5410	7550	5379	7550	5356	7550	5328
01:00 EDT	7550	4407	7550	5997	7550	5466	7550	5297	7550	5959
02:00 EDT	7550	4389	7550	5145	7550	5175	7550	5005	7550	5029
03:00 EDT	7550	4415	7550	5181	7550	4993	7550	5027	7550	5301
04:00 EDT	7550	4508	7550	5179	7550	5297	7550	5482	7550	5543
05:00 EDT	7550	4236	7550	5497	7550	5319	7550	5368	7550	5560
06:00 EDT	7550	4362	7550	5499	7550	5463	7550	5577	7550	5496
07:00 EDT	7550	4432	7550	5297	7550	5175	7550	5152	7550	5053
08:00 EDT	7550	4420	7550	4871	7550	4935	7550	4824	7550	4951
09:00 EDT	7550	4097	7550	5360	7550	4722	7550	5179	7550	4713
10:00 EDT	7550	4493	7550	4886	7550	4746	7550	4672	7550	4675
11:00 EDT	7550	4552	7550	4633	7550	4388	7550	4274	7550	4225
12:00 EDT	7550	4560	7550	4535	7550	4403	7550	4394	7550	4240
13:00 EDT	7550	4524	7550	3982	7550	3827	7550	3683	7550	3811
14:00 EDT	7550	4295	7550	3192	7550	3300	7550	3254	7550	3313
15:00 EDT	7550	4073	7550	3200	7550	3544	7550	3495	7550	3408
16:00 EDT	7550	4007	7550	3267	7550	3140	7550	3119	7550	3427
17:00 EDT	7550	3639	7550	3650	7550	4011	7550	4139	7550	4169
18:00 EDT	7550	4123	7550	4506	7550	4564	7550	4451	7550	4711
19:00 EDT	7550	4226	7550	4428	7550	4725	7550	4671	7550	4714
20:00 EDT	7550	4113	7550	5161	7550	4738	7550	4767	7550	4660
21:00 EDT	7550	4019	7550	4526	7550	4535	7550	4461	7550	4522

22:00 EDT	7550	4072	7550	4559	7550	4535	7550	4550	7550	4826
23:00 EDT	7550	4427	7550	5198	7550	5476	7550	5361	7550	5326

PJM-NEPTUNE

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	660	0	660	0	660	0	660	0	660	0
01:00 EDT	660	0	660	0	660	0	660	0	660	0
02:00 EDT	660	0	660	0	660	0	660	0	660	0
03:00 EDT	660	0	660	0	660	0	660	0	660	0
04:00 EDT	660	0	660	0	660	0	660	0	660	0
05:00 EDT	660	0	660	0	660	0	660	0	660	0
06:00 EDT	660	0	660	0	660	0	660	0	660	0
07:00 EDT	660	0	660	0	660	0	660	0	660	0
08:00 EDT	660	0	660	0	660	0	660	0	660	0
09:00 EDT	660	0	660	0	660	0	660	0	660	0
10:00 EDT	660	0	660	0	660	0	660	0	660	0
11:00 EDT	660	0	660	0	660	0	660	0	660	0
12:00 EDT	660	0	660	0	660	0	660	0	660	0
13:00 EDT	660	0	660	0	660	0	660	0	660	0
14:00 EDT	660	0	660	0	660	0	660	0	660	0
15:00 EDT	660	0	660	0	660	0	660	0	660	0
16:00 EDT	660	0	660	0	660	0	660	0	660	0
17:00 EDT	660	0	660	0	660	0	660	0	660	0
18:00 EDT	660	0	660	0	660	0	660	0	660	0
19:00 EDT	660	0	660	0	660	0	660	0	660	0
20:00 EDT	660	0	660	0	660	0	660	0	660	0
21:00 EDT	660	0	660	0	660	0	660	0	660	0
22:00 EDT	660	0	660	0	660	0	660	0	660	0
23:00 EDT	660	0	660	0	660	0	660	0	660	0

PJM-NYISO

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	2400	0	2400	315	2400	304	2400	296	2400	299
01:00 EDT	2400	0	2400	433	2400	321	2400	266	2400	484
02:00 EDT	2400	0	2400	53	2400	169	2400	38	2400	125
03:00 EDT	2400	30	2400	348	2400	98	2400	87	2400	339
04:00 EDT	2400	0	2400	111	2400	183	2400	266	2400	278
05:00 EDT	2400	0	2400	211	2400	85	2400	82	2400	82
06:00 EDT	2400	318	2400	444	2400	445	2400	432	2400	355
07:00 EDT	2400	369	2400	641	2400	616	2400	516	2400	513
08:00 EDT	2400	0	2400	15	2400	210	2400	65	2400	62
09:00 EDT	2400	0	2400	284	2400	168	2400	180	2400	123
10:00 EDT	2400	6	2400	61	2400	0	2400	0	2400	0
11:00 EDT	2400	194	2400	198	2400	209	2400	199	2400	202
12:00 EDT	2400	233	2400	355	2400	352	2400	352	2400	350
13:00 EDT	2400	289	2400	352	2400	399	2400	396	2400	394
14:00 EDT	2400	240	2400	81	2400	57	2400	15	2400	16
15:00 EDT	2400	0	2400	40	2400	258	2400	127	2400	0
16:00 EDT	2400	0	2400	0	2400	0	2400	0	2400	0
17:00 EDT	2400	0	2400	21	2100	0	2100	0	2200	0
18:00 EDT	2400	0	2200	0	2300	151	2400	155	2400	231
19:00 EDT	2400	54	2400	130	2400	116	2400	210	2400	123
20:00 EDT	2400	2	2400	111	2400	58	2400	128	2400	219
21:00 EDT	2400	73	2400	281	2400	278	2400	277	2400	277
22:00 EDT	2400	0	2400	286	2400	287	2400	286	2400	357
23:00 EDT	2400	0	2400	208	2400	341	2400	288	2400	292

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
01:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
02:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
03:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
04:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
05:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
06:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
07:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
08:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
09:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
10:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
11:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
12:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
13:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
14:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
15:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
16:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
17:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
18:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
19:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
20:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
21:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
22:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310
23:00 EDT	1310	1310	1310	1310	1310	1310	1310	1310	1310	1310

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	0	0	0	0	0	0	0	0	0	0
01:00 EDT	0	0	0	0	0	0	0	0	0	0
02:00 EDT	0	0	0	0	0	0	0	0	0	0
03:00 EDT	0	0	0	0	0	0	0	0	0	0
04:00 EDT	0	0	0	0	0	0	0	0	0	0
05:00 EDT	0	0	0	0	0	0	0	0	0	0
06:00 EDT	0	0	0	0	0	0	0	0	0	0
07:00 EDT	0	0	0	0	0	0	0	0	0	0
08:00 EDT	0	0	0	0	0	0	0	0	0	0
09:00 EDT	0	0	0	0	0	0	0	0	0	0
10:00 EDT	0	0	0	0	0	0	0	0	0	0
11:00 EDT	0	0	0	0	0	0	0	0	0	0
12:00 EDT	0	0	0	0	0	0	0	0	0	0
13:00 EDT	0	0	0	0	0	0	0	0	0	0
14:00 EDT	0	0	0	0	0	0	0	0	0	0
15:00 EDT	0	0	0	0	0	0	0	0	0	0
16:00 EDT	0	0	0	0	0	0	0	0	0	0
17:00 EDT	0	0	0	0	0	0	0	0	0	0
18:00 EDT	0	0	0	0	0	0	0	0	0	0
19:00 EDT	0	0	0	0	0	0	0	0	0	0
20:00 EDT	0	0	0	0	0	0	0	0	0	0
21:00 EDT	0	0	0	0	0	0	0	0	0	0
22:00 EDT	0	0	0	0	0	0	0	0	0	0
23:00 EDT	0	0	0	0	0	0	0	0	0	0

	DAM	HAM								
--	-----	-----	--	--	--	--	--	--	--	--

Time Stamp	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	315	7	315	15	315	15	315	15	315	15
01:00 EDT	315	7	315	15	315	15	315	15	315	15
02:00 EDT	315	7	315	15	315	15	315	15	315	15
03:00 EDT	315	7	315	15	315	15	315	15	315	15
04:00 EDT	315	7	315	15	315	15	315	15	315	15
05:00 EDT	315	7	315	15	315	15	315	15	315	15
06:00 EDT	315	56	315	56	315	56	315	15	315	15
07:00 EDT	315	65	315	65	315	65	315	65	315	215
08:00 EDT	315	7	315	15	315	15	315	195	315	215
09:00 EDT	315	7	315	215	315	190	315	190	315	190
10:00 EDT	315	7	315	15	315	15	315	15	315	15
11:00 EDT	315	7	315	15	315	15	315	15	315	15
12:00 EDT	315	7	315	15	315	15	315	15	315	15
13:00 EDT	315	7	315	15	315	15	315	15	315	15
14:00 EDT	315	7	315	15	315	15	315	15	315	15
15:00 EDT	315	7	315	15	315	15	315	15	315	15
16:00 EDT	315	7	315	15	315	15	315	15	315	15
17:00 EDT	315	7	315	15	315	15	315	15	315	15
18:00 EDT	315	7	315	15	315	15	315	15	315	15
19:00 EDT	315	7	315	15	315	15	315	15	315	15
20:00 EDT	315	7	315	15	315	15	315	15	315	15
21:00 EDT	315	188	315	118	315	118	315	188	315	188
22:00 EDT	315	7	315	15	315	15	315	15	315	15
23:00 EDT	315	7	315	15	315	15	315	15	315	15

SCH-VFT\_PJM

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	315	315	315	315	315	315	315	315	315	315
01:00 EDT	315	315	315	315	315	315	315	315	315	315
02:00 EDT	315	315	315	315	315	315	315	315	315	315
03:00 EDT	315	315	315	315	315	315	315	315	315	315
04:00 EDT	315	315	315	315	315	315	315	315	315	315
05:00 EDT	315	315	315	315	315	315	315	315	315	315
06:00 EDT	315	315	315	315	315	315	315	315	315	315
07:00 EDT	315	315	315	315	315	315	315	315	315	315
08:00 EDT	315	315	315	315	315	315	315	315	315	315
09:00 EDT	315	315	315	315	315	315	315	315	315	315
10:00 EDT	315	315	315	315	315	315	315	315	315	315
11:00 EDT	315	315	315	315	315	315	315	315	315	315
12:00 EDT	315	315	315	315	315	315	315	315	315	315
13:00 EDT	315	315	315	315	315	315	315	315	315	315
14:00 EDT	315	315	315	315	315	315	315	315	315	315
15:00 EDT	315	315	315	315	315	315	315	315	315	315
16:00 EDT	315	315	315	315	315	315	315	315	315	315
17:00 EDT	315	315	315	315	315	315	315	315	315	315
18:00 EDT	315	315	315	315	315	315	315	315	315	315
19:00 EDT	315	315	315	315	315	315	315	315	315	315
20:00 EDT	315	315	315	315	315	315	315	315	315	315
21:00 EDT	315	315	315	315	315	315	315	315	315	315
22:00 EDT	315	315	315	315	315	315	315	315	315	315
23:00 EDT	315	315	315	315	315	315	315	315	315	315

SPRAINBROOK/DUNWOODIE SOUTH

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	4600	2918	4600	2814	4600	2817	4600	2830	4600	2662

01:00 EDT	4600	3177	4600	2845	4600	2759	4600	2825	4600	3023
02:00 EDT	4600	3243	4600	2798	4600	2826	4600	2867	4600	2831
03:00 EDT	4600	3390	4600	2918	4600	2951	4600	2931	4600	2971
04:00 EDT	4600	3375	4600	3107	4600	3120	4600	3193	4600	3229
05:00 EDT	4600	3337	4600	2978	4600	2982	4600	3066	4600	3121
06:00 EDT	4600	3350	4600	3011	4600	3022	4600	3049	4600	2950
07:00 EDT	4600	2888	4600	2524	4600	2446	4600	2425	4600	2272
08:00 EDT	4600	2703	4600	2473	4600	2616	4600	2321	4600	2141
09:00 EDT	4600	2383	4600	1996	4600	2073	4600	2225	4600	2124
10:00 EDT	4600	2213	4600	2279	4600	2362	4600	2352	4600	2306
11:00 EDT	4600	2132	4600	2310	4600	2278	4600	2287	4600	2332
12:00 EDT	4600	2194	4600	2305	4600	2213	4600	2277	4600	2299
13:00 EDT	4600	2183	4600	2227	4600	2240	4600	2241	4600	2271
14:00 EDT	4600	2276	4600	2275	4600	2356	4600	2369	4600	2314
15:00 EDT	4600	2256	4600	2181	4600	2190	4600	2212	4600	2229
16:00 EDT	4600	2178	4600	1865	4600	2006	4600	2271	4600	2390
17:00 EDT	4600	2266	4600	2262	4600	2175	4600	2365	4600	2391
18:00 EDT	4600	2744	4600	2398	4600	2497	4600	2504	4600	2538
19:00 EDT	4600	2769	4600	2395	4600	2523	4600	2459	4600	2448
20:00 EDT	4600	2836	4600	2668	4600	2495	4600	2547	4600	2503
21:00 EDT	4600	2718	4600	2450	4600	2518	4600	2414	4600	2496
22:00 EDT	4600	2749	4600	2756	4600	2708	4600	2622	4600	2603
23:00 EDT	4600	2885	4600	2879	4600	2791	4600	2552	4600	2700

UPNY/CONED

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	7195	3965	6915	3747	6915	3770	6915	3829	6915	3657
01:00 EDT	7195	4271	6915	4008	6915	3856	6915	3903	6915	4220
02:00 EDT	7195	4393	6915	3868	6915	3911	6915	3972	6915	3959
03:00 EDT	7195	4629	6915	4114	6915	4154	6915	4149	6915	4206
04:00 EDT	7195	4625	6915	4378	6915	4369	6915	4423	6915	4530
05:00 EDT	7195	4499	6915	4195	6915	4213	6915	4259	6915	4353
06:00 EDT	7195	4536	6915	4260	6915	4174	6915	4234	6915	4110
07:00 EDT	7195	4022	6915	3690	6915	3597	6915	3594	6915	3459
08:00 EDT	7195	3888	6915	3640	6915	3812	6915	3563	6915	3558
09:00 EDT	7195	3405	6915	3389	6915	3307	6915	3332	6915	3294
10:00 EDT	7195	2968	6915	3393	6915	3502	6915	3476	6915	3425
11:00 EDT	7195	2984	6915	3458	6915	3410	6915	3417	6915	3542
12:00 EDT	7195	3168	6915	3571	6915	3470	6915	3523	6915	3447
13:00 EDT	7195	3214	6915	3380	6915	3319	6915	3417	6915	3511
14:00 EDT	7195	3327	6915	3057	6915	3136	6915	3236	6915	3202
15:00 EDT	7195	3155	6915	2872	6915	2931	6915	2956	6915	2912
16:00 EDT	7195	2979	6915	2487	6915	2483	6915	2816	6915	2981
17:00 EDT	7195	2993	6915	3047	6915	3030	6915	3205	6915	3219
18:00 EDT	7195	3519	6915	3307	6915	3363	6915	3382	6915	3391
19:00 EDT	7195	3535	6915	3351	6915	3444	6915	3371	6915	3358
20:00 EDT	7195	3442	6915	3535	6915	3421	6915	3386	6915	3356
21:00 EDT	7195	3478	6915	3121	6915	3181	6915	3129	6915	3232
22:00 EDT	7195	3459	6915	3364	6915	3307	6915	3283	6915	3303
23:00 EDT	7195	3711	6915	3592	6915	3560	6915	3373	6915	3582

WEST CENTRAL

[back to top](#)

Date: 03/19/2026

Time Stamp	DAM		HAM							
	TTC	ATC	TTC xx:00	ATC xx:00	TTC xx:15	ATC xx:15	TTC xx:30	ATC xx:30	TTC xx:45	ATC xx:45
00:00 EDT	9999	9225	9999	9377	9999	9616	9999	9601	9999	9582
01:00 EDT	9999	9119	9999	9899	9999	9496	9999	9540	9999	9899
02:00 EDT	9999	9171	9999	9500	9999	9558	9999	9511	9999	9594

03:00 EDT	9999	9214	9999	9483	9999	9442	9999	9561	9999	9641
04:00 EDT	9999	9158	9999	9533	9999	9630	9999	9554	9999	9625
05:00 EDT	9999	9018	9999	9488	9999	9314	9999	9430	9999	9579
06:00 EDT	9999	8790	9999	9316	9999	9195	9999	9259	9999	9308
07:00 EDT	9999	8746	9999	8940	9999	8963	9999	9056	9999	8986
08:00 EDT	9999	8848	9999	9063	9999	9054	9999	9048	9999	9338
09:00 EDT	9999	8674	9999	9523	9999	8900	9999	9400	9999	8902
10:00 EDT	9999	8983	9999	9108	9999	9144	9999	9136	9999	9140
11:00 EDT	9999	8997	9999	9231	9999	8913	9999	8881	9999	8903
12:00 EDT	9999	9068	9999	8999	9999	8968	9999	8936	9999	8913
13:00 EDT	9999	8996	9999	8860	9999	8866	9999	8847	9999	8937
14:00 EDT	9999	8900	9999	8750	9999	8791	9999	8805	9999	8944
15:00 EDT	9999	8789	9999	8844	9999	8980	9999	8897	9999	8941
16:00 EDT	9999	8848	9999	8892	9999	8824	9999	8843	9999	8902
17:00 EDT	9999	8628	9999	8840	9999	8836	9999	8817	9999	8840
18:00 EDT	9999	8682	9999	8837	9999	8882	9999	8772	9999	9033
19:00 EDT	9999	8676	9999	8833	9999	9066	9999	8920	9999	9046
20:00 EDT	9999	8719	9999	9372	9999	8917	9999	8828	9999	8768
21:00 EDT	9999	8618	9999	8707	9999	8693	9999	8781	9999	8854
22:00 EDT	9999	8788	9999	9013	9999	9042	9999	9115	9999	9169
23:00 EDT	9999	9093	9999	9697	9999	9875	9999	9558	9999	9370