

# ISO Load Forecast

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07/01/2026

07/02/2026

07/03/2026

07/04/2026

07/05/2026

07/06/2026

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07/01/2026

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1573   | 1937   | 792    | 1418   | 1291   | 2661   | 893    | 350    | 6765   | 596   | 2053 | 20329 |
| 01:00 | 1504   | 1851   | 739    | 1341   | 1194   | 2468   | 855    | 326    | 6402   | 584   | 1968 | 19232 |
| 02:00 | 1448   | 1788   | 692    | 1285   | 1128   | 2322   | 829    | 309    | 6133   | 578   | 1893 | 18405 |
| 03:00 | 1414   | 1735   | 657    | 1251   | 1081   | 2230   | 815    | 294    | 5970   | 581   | 1848 | 17876 |
| 04:00 | 1407   | 1729   | 640    | 1247   | 1060   | 2203   | 816    | 283    | 5925   | 584   | 1821 | 17715 |
| 05:00 | 1418   | 1774   | 648    | 1275   | 1059   | 2225   | 838    | 283    | 6061   | 583   | 1834 | 17998 |
| 06:00 | 1464   | 1864   | 691    | 1334   | 1089   | 2332   | 870    | 293    | 6470   | 591   | 1889 | 18887 |
| 07:00 | 1500   | 1917   | 748    | 1408   | 1150   | 2535   | 864    | 312    | 7025   | 604   | 1956 | 20019 |
| 08:00 | 1485   | 1900   | 794    | 1435   | 1194   | 2737   | 846    | 332    | 7534   | 599   | 2002 | 20858 |
| 09:00 | 1497   | 1877   | 842    | 1469   | 1249   | 2948   | 847    | 358    | 7938   | 603   | 2050 | 21678 |
| 10:00 | 1573   | 1953   | 898    | 1536   | 1371   | 3180   | 871    | 393    | 8300   | 608   | 2132 | 22815 |
| 11:00 | 1676   | 2034   | 976    | 1618   | 1551   | 3445   | 904    | 435    | 8684   | 612   | 2226 | 24161 |
| 12:00 | 1731   | 2134   | 1054   | 1682   | 1709   | 3705   | 905    | 478    | 9055   | 613   | 2302 | 25368 |
| 13:00 | 1808   | 2200   | 1131   | 1740   | 1853   | 3930   | 929    | 525    | 9387   | 616   | 2336 | 26455 |
| 14:00 | 1866   | 2230   | 1190   | 1766   | 1973   | 4119   | 911    | 563    | 9670   | 606   | 2368 | 27262 |
| 15:00 | 1899   | 2266   | 1264   | 1782   | 2059   | 4281   | 927    | 590    | 10057  | 613   | 2393 | 28131 |
| 16:00 | 1983   | 2266   | 1304   | 1769   | 2141   | 4416   | 955    | 595    | 10285  | 618   | 2423 | 28755 |
| 17:00 | 2119   | 2384   | 1323   | 1832   | 2238   | 4476   | 1037   | 601    | 10279  | 625   | 2490 | 29404 |
| 18:00 | 2217   | 2514   | 1305   | 1886   | 2290   | 4402   | 1127   | 600    | 10047  | 649   | 2532 | 29569 |
| 19:00 | 2317   | 2645   | 1276   | 1929   | 2294   | 4225   | 1233   | 591    | 9812   | 674   | 2574 | 29570 |
| 20:00 | 2350   | 2678   | 1235   | 1934   | 2224   | 3997   | 1280   | 565    | 9602   | 674   | 2531 | 29070 |
| 21:00 | 2271   | 2583   | 1181   | 1862   | 2093   | 3788   | 1247   | 527    | 9367   | 668   | 2455 | 28042 |
| 22:00 | 2114   | 2392   | 1095   | 1732   | 1917   | 3487   | 1153   | 484    | 8942   | 652   | 2335 | 26303 |
| 23:00 | 1963   | 2223   | 1011   | 1595   | 1739   | 3154   | 1058   | 446    | 8440   | 638   | 2198 | 24465 |

07/02/2026

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1849   | 2032   | 938    | 1495   | 1533   | 2929   | 976    | 412    | 7861   | 634   | 2089 | 22748 |
| 01:00 | 1767   | 1933   | 880    | 1410   | 1418   | 2714   | 928    | 388    | 7462   | 616   | 1996 | 21512 |
| 02:00 | 1700   | 1858   | 831    | 1346   | 1336   | 2552   | 894    | 372    | 7148   | 609   | 1916 | 20562 |
| 03:00 | 1657   | 1804   | 794    | 1307   | 1278   | 2450   | 877    | 356    | 6958   | 611   | 1866 | 19958 |
| 04:00 | 1641   | 1787   | 780    | 1300   | 1249   | 2421   | 872    | 345    | 6890   | 611   | 1844 | 19740 |
| 05:00 | 1643   | 1827   | 789    | 1324   | 1245   | 2444   | 887    | 344    | 7006   | 608   | 1860 | 19977 |
| 06:00 | 1669   | 1873   | 834    | 1368   | 1277   | 2560   | 878    | 352    | 7421   | 617   | 1911 | 20760 |
| 07:00 | 1669   | 1867   | 905    | 1407   | 1349   | 2816   | 828    | 375    | 8032   | 612   | 1971 | 21831 |
| 08:00 | 1626   | 1793   | 961    | 1429   | 1420   | 3084   | 768    | 399    | 8594   | 607   | 2027 | 22708 |
| 09:00 | 1589   | 1781   | 1024   | 1483   | 1488   | 3384   | 741    | 425    | 9072   | 605   | 2085 | 23677 |
| 10:00 | 1632   | 1888   | 1087   | 1563   | 1594   | 3706   | 761    | 464    | 9453   | 611   | 2171 | 24930 |
| 11:00 | 1705   | 1982   | 1159   | 1660   | 1739   | 4033   | 800    | 502    | 9793   | 615   | 2277 | 26265 |
| 12:00 | 1752   | 2082   | 1227   | 1720   | 1872   | 4322   | 805    | 540    | 10114  | 609   | 2361 | 27404 |
| 13:00 | 1804   | 2137   | 1294   | 1783   | 2005   | 4555   | 841    | 581    | 10396  | 614   | 2396 | 28406 |
| 14:00 | 1850   | 2155   | 1333   | 1819   | 2079   | 4743   | 842    | 602    | 10584  | 606   | 2441 | 29054 |
| 15:00 | 1888   | 2191   | 1392   | 1836   | 2132   | 4890   | 863    | 619    | 10930  | 615   | 2470 | 29826 |
| 16:00 | 1976   | 2220   | 1432   | 1823   | 2193   | 5028   | 904    | 625    | 11146  | 615   | 2489 | 30451 |
| 17:00 | 2136   | 2385   | 1454   | 1900   | 2304   | 5097   | 993    | 636    | 11141  | 633   | 2552 | 31231 |
| 18:00 | 2275   | 2557   | 1454   | 1964   | 2375   | 5052   | 1112   | 641    | 10935  | 663   | 2583 | 31611 |
| 19:00 | 2394   | 2709   | 1426   | 2005   | 2389   | 4910   | 1243   | 633    | 10693  | 689   | 2608 | 31699 |
| 20:00 | 2421   | 2739   | 1387   | 2003   | 2324   | 4675   | 1306   | 606    | 10505  | 690   | 2553 | 31209 |
| 21:00 | 2330   | 2645   | 1331   | 1931   | 2188   | 4429   | 1271   | 567    | 10292  | 685   | 2480 | 30149 |
| 22:00 | 2173   | 2458   | 1239   | 1803   | 2004   | 4081   | 1176   | 521    | 9854   | 666   | 2362 | 28337 |
| 23:00 | 2023   | 2278   | 1152   | 1664   | 1820   | 3695   | 1083   | 478    | 9308   | 650   | 2227 | 26378 |

07/03/2026

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1929   | 2086   | 1104   | 1558   | 1612   | 3436   | 1006   | 449    | 8834   | 653   | 2153 | 24820 |
| 01:00 | 1840   | 1991   | 1038   | 1463   | 1486   | 3178   | 953    | 417    | 8454   | 637   | 2062 | 23519 |
| 02:00 | 1763   | 1910   | 975    | 1387   | 1386   | 2987   | 912    | 397    | 8107   | 620   | 1971 | 22415 |
| 03:00 | 1715   | 1864   | 928    | 1338   | 1315   | 2852   | 890    | 377    | 7869   | 616   | 1908 | 21672 |
| 04:00 | 1685   | 1827   | 903    | 1315   | 1274   | 2784   | 878    | 360    | 7723   | 608   | 1871 | 21228 |
| 05:00 | 1659   | 1825   | 888    | 1302   | 1245   | 2741   | 869    | 348    | 7679   | 606   | 1852 | 21014 |
| 06:00 | 1642   | 1810   | 896    | 1285   | 1238   | 2735   | 821    | 339    | 7821   | 602   | 1827 | 21016 |
| 07:00 | 1616   | 1776   | 932    | 1265   | 1306   | 2932   | 751    | 356    | 8191   | 603   | 1846 | 21574 |
| 08:00 | 1582   | 1723   | 991    | 1290   | 1397   | 3241   | 728    | 387    | 8638   | 598   | 1915 | 22490 |
| 09:00 | 1595   | 1736   | 1057   | 1359   | 1491   | 3581   | 747    | 428    | 9060   | 604   | 2000 | 23658 |
| 10:00 | 1668   | 1842   | 1124   | 1427   | 1616   | 3932   | 793    | 489    | 9436   | 611   | 2113 | 25051 |
| 11:00 | 1736   | 1935   | 1200   | 1513   | 1790   | 4276   | 837    | 541    | 9712   | 621   | 2247 | 26408 |
| 12:00 | 1774   | 2048   | 1261   | 1587   | 1933   | 4555   | 840    | 571    | 9943   | 617   | 2359 | 27488 |
| 13:00 | 1807   | 2091   | 1306   | 1647   | 2047   | 4719   | 860    | 609    | 10145  | 615   | 2389 | 28235 |
| 14:00 | 1877   | 2099   | 1323   | 1699   | 2083   | 4902   | 840    | 626    | 10278  | 609   | 2430 | 28766 |
| 15:00 | 1914   | 2125   | 1358   | 1729   | 2089   | 4968   | 842    | 626    | 10503  | 609   | 2466 | 29229 |
| 16:00 | 1976   | 2150   | 1380   | 1711   | 2112   | 5029   | 891    | 621    | 10578  | 614   | 2461 | 29523 |
| 17:00 | 2092   | 2266   | 1388   | 1771   | 2193   | 5040   | 976    | 617    | 10487  | 638   | 2481 | 29949 |
| 18:00 | 2172   | 2367   | 1374   | 1800   | 2233   | 4990   | 1087   | 610    | 10318  | 666   | 2473 | 30090 |
| 19:00 | 2256   | 2466   | 1334   | 1806   | 2223   | 4881   | 1204   | 598    | 10078  | 685   | 2487 | 30018 |
| 20:00 | 2262   | 2469   | 1276   | 1795   | 2134   | 4643   | 1228   | 565    | 9846   | 686   | 2421 | 29325 |
| 21:00 | 2186   | 2385   | 1224   | 1728   | 2006   | 4417   | 1187   | 526    | 9551   | 683   | 2341 | 28234 |
| 22:00 | 2082   | 2254   | 1160   | 1620   | 1876   | 4170   | 1119   | 494    | 9201   | 663   | 2261 | 26900 |
| 23:00 | 1954   | 2107   | 1100   | 1504   | 1734   | 3843   | 1032   | 457    | 8848   | 648   | 2168 | 25395 |

07/04/2026

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1771   | 1922   | 1051   | 1393   | 1488   | 3339   | 946    | 414    | 8538   | 634   | 2061 | 23557 |
| 01:00 | 1664   | 1816   | 991    | 1307   | 1368   | 3070   | 890    | 384    | 8168   | 622   | 1971 | 22251 |
| 02:00 | 1593   | 1732   | 932    | 1244   | 1282   | 2870   | 858    | 365    | 7832   | 615   | 1899 | 21222 |
| 03:00 | 1539   | 1671   | 888    | 1202   | 1222   | 2734   | 837    | 346    | 7574   | 606   | 1857 | 20476 |
| 04:00 | 1512   | 1632   | 858    | 1176   | 1179   | 2636   | 831    | 330    | 7381   | 602   | 1822 | 19959 |
| 05:00 | 1493   | 1624   | 834    | 1171   | 1152   | 2564   | 821    | 322    | 7252   | 601   | 1803 | 19637 |
| 06:00 | 1478   | 1594   | 835    | 1172   | 1137   | 2591   | 783    | 322    | 7307   | 592   | 1800 | 19611 |
| 07:00 | 1473   | 1602   | 882    | 1192   | 1166   | 2810   | 762    | 343    | 7629   | 584   | 1807 | 20250 |
| 08:00 | 1475   | 1594   | 940    | 1231   | 1225   | 3123   | 758    | 378    | 8073   | 588   | 1833 | 21218 |
| 09:00 | 1522   | 1644   | 1022   | 1298   | 1326   | 3506   | 778    | 422    | 8570   | 592   | 1888 | 22568 |
| 10:00 | 1583   | 1728   | 1110   | 1356   | 1481   | 3913   | 800    | 474    | 9016   | 600   | 1961 | 24022 |
| 11:00 | 1674   | 1828   | 1179   | 1416   | 1633   | 4306   | 843    | 528    | 9366   | 603   | 2043 | 25419 |
| 12:00 | 1717   | 1913   | 1241   | 1481   | 1763   | 4616   | 856    | 568    | 9658   | 604   | 2090 | 26507 |
| 13:00 | 1759   | 1961   | 1287   | 1507   | 1863   | 4783   | 875    | 597    | 9787   | 605   | 2130 | 27154 |
| 14:00 | 1760   | 1957   | 1282   | 1522   | 1878   | 4834   | 860    | 608    | 9759   | 601   | 2157 | 27218 |
| 15:00 | 1750   | 1957   | 1276   | 1534   | 1878   | 4892   | 860    | 592    | 9794   | 606   | 2177 | 27316 |
| 16:00 | 1802   | 1940   | 1261   | 1564   | 1883   | 4909   | 902    | 579    | 9811   | 603   | 2217 | 27471 |
| 17:00 | 1908   | 1997   | 1266   | 1576   | 1912   | 4902   | 935    | 566    | 9748   | 624   | 2248 | 27682 |
| 18:00 | 1990   | 2084   | 1257   | 1617   | 1935   | 4783   | 990    | 557    | 9667   | 646   | 2274 | 27800 |
| 19:00 | 2064   | 2212   | 1230   | 1661   | 1927   | 4601   | 1090   | 537    | 9477   | 662   | 2287 | 27748 |
| 20:00 | 2053   | 2218   | 1194   | 1662   | 1867   | 4360   | 1142   | 506    | 9287   | 662   | 2260 | 27211 |
| 21:00 | 1987   | 2144   | 1145   | 1602   | 1766   | 4112   | 1114   | 474    | 9111   | 657   | 2194 | 26306 |
| 22:00 | 1866   | 2018   | 1080   | 1504   | 1637   | 3823   | 1049   | 442    | 8825   | 642   | 2099 | 24985 |
| 23:00 | 1731   | 1871   | 1015   | 1393   | 1498   | 3499   | 979    | 409    | 8452   | 626   | 1984 | 23457 |

07/05/2026

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1596   | 1752   | 936    | 1267   | 1289   | 3126   | 890    | 388    | 8093   | 617   | 1905 | 21859 |
| 01:00 | 1501   | 1653   | 876    | 1179   | 1185   | 2899   | 838    | 360    | 7741   | 610   | 1817 | 20659 |
| 02:00 | 1438   | 1580   | 819    | 1117   | 1109   | 2724   | 806    | 339    | 7417   | 602   | 1748 | 19699 |
| 03:00 | 1388   | 1539   | 773    | 1076   | 1057   | 2607   | 783    | 320    | 7163   | 594   | 1708 | 19008 |
| 04:00 | 1360   | 1499   | 744    | 1051   | 1018   | 2527   | 771    | 303    | 6972   | 592   | 1680 | 18517 |
| 05:00 | 1333   | 1483   | 721    | 1039   | 993    | 2465   | 755    | 293    | 6840   | 587   | 1660 | 18169 |
| 06:00 | 1297   | 1453   | 717    | 1035   | 974    | 2467   | 698    | 294    | 6841   | 575   | 1656 | 18007 |
| 07:00 | 1261   | 1448   | 741    | 1061   | 987    | 2587   | 644    | 308    | 7019   | 563   | 1672 | 18291 |
| 08:00 | 1240   | 1447   | 776    | 1112   | 1030   | 2798   | 623    | 333    | 7306   | 567   | 1713 | 18945 |
| 09:00 | 1268   | 1517   | 830    | 1192   | 1103   | 3068   | 635    | 363    | 7660   | 577   | 1791 | 20004 |
| 10:00 | 1319   | 1610   | 893    | 1263   | 1205   | 3362   | 670    | 401    | 8014   | 587   | 1882 | 21206 |
| 11:00 | 1403   | 1720   | 943    | 1342   | 1318   | 3640   | 720    | 437    | 8307   | 596   | 1993 | 22419 |
| 12:00 | 1449   | 1816   | 988    | 1430   | 1437   | 3877   | 749    | 465    | 8537   | 598   | 2073 | 23419 |
| 13:00 | 1503   | 1884   | 1034   | 1485   | 1543   | 3999   | 776    | 491    | 8704   | 601   | 2136 | 24156 |
| 14:00 | 1550   | 1944   | 1066   | 1513   | 1633   | 4090   | 792    | 513    | 8825   | 600   | 2158 | 24684 |
| 15:00 | 1581   | 1994   | 1101   | 1528   | 1695   | 4168   | 798    | 520    | 8966   | 602   | 2169 | 25122 |
| 16:00 | 1665   | 2020   | 1129   | 1548   | 1743   | 4240   | 845    | 530    | 9048   | 605   | 2205 | 25578 |
| 17:00 | 1782   | 2089   | 1154   | 1565   | 1797   | 4285   | 896    | 534    | 9056   | 620   | 2246 | 26024 |
| 18:00 | 1876   | 2160   | 1144   | 1589   | 1815   | 4207   | 956    | 524    | 8962   | 634   | 2271 | 26138 |
| 19:00 | 1935   | 2250   | 1125   | 1616   | 1792   | 4029   | 1056   | 503    | 8807   | 654   | 2280 | 26047 |
| 20:00 | 1927   | 2238   | 1096   | 1601   | 1717   | 3806   | 1108   | 476    | 8673   | 656   | 2238 | 25536 |
| 21:00 | 1866   | 2156   | 1060   | 1538   | 1620   | 3612   | 1081   | 450    | 8582   | 652   | 2178 | 24795 |
| 22:00 | 1734   | 2006   | 996    | 1430   | 1485   | 3343   | 1006   | 417    | 8333   | 638   | 2078 | 23466 |
| 23:00 | 1597   | 1855   | 929    | 1315   | 1346   | 3029   | 937    | 383    | 7943   | 625   | 1960 | 21919 |

07/06/2026

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1480   | 1714   | 848    | 1200   | 1190   | 2716   | 851    | 371    | 7397   | 610   | 1878 | 20255 |
| 01:00 | 1404   | 1626   | 798    | 1128   | 1105   | 2512   | 807    | 347    | 7081   | 603   | 1798 | 19209 |
| 02:00 | 1348   | 1571   | 756    | 1080   | 1050   | 2371   | 778    | 330    | 6826   | 597   | 1730 | 18437 |
| 03:00 | 1314   | 1530   | 725    | 1051   | 1012   | 2290   | 764    | 317    | 6673   | 591   | 1685 | 17952 |
| 04:00 | 1306   | 1532   | 717    | 1051   | 996    | 2275   | 766    | 307    | 6644   | 591   | 1671 | 17856 |
| 05:00 | 1321   | 1580   | 731    | 1078   | 1006   | 2311   | 784    | 309    | 6781   | 599   | 1699 | 18199 |
| 06:00 | 1353   | 1643   | 776    | 1116   | 1043   | 2439   | 780    | 324    | 7167   | 601   | 1745 | 18987 |
| 07:00 | 1355   | 1631   | 838    | 1132   | 1097   | 2662   | 725    | 348    | 7666   | 594   | 1795 | 19843 |
| 08:00 | 1300   | 1546   | 876    | 1124   | 1126   | 2861   | 653    | 367    | 8082   | 582   | 1819 | 20336 |
| 09:00 | 1255   | 1506   | 910    | 1143   | 1147   | 3046   | 616    | 389    | 8407   | 580   | 1842 | 20841 |
| 10:00 | 1268   | 1543   | 944    | 1188   | 1192   | 3226   | 630    | 413    | 8621   | 579   | 1894 | 21498 |
| 11:00 | 1311   | 1599   | 990    | 1254   | 1281   | 3417   | 653    | 437    | 8826   | 583   | 1974 | 22325 |
| 12:00 | 1329   | 1666   | 1032   | 1318   | 1369   | 3610   | 654    | 459    | 9016   | 590   | 2040 | 23083 |
| 13:00 | 1366   | 1714   | 1065   | 1383   | 1445   | 3763   | 676    | 486    | 9157   | 595   | 2082 | 23732 |
| 14:00 | 1413   | 1735   | 1087   | 1433   | 1525   | 3907   | 685    | 504    | 9276   | 600   | 2128 | 24293 |
| 15:00 | 1458   | 1783   | 1118   | 1460   | 1618   | 4023   | 695    | 513    | 9460   | 604   | 2173 | 24905 |
| 16:00 | 1552   | 1832   | 1127   | 1470   | 1692   | 4112   | 723    | 511    | 9537   | 609   | 2227 | 25392 |
| 17:00 | 1696   | 1978   | 1121   | 1549   | 1757   | 4141   | 798    | 515    | 9430   | 627   | 2308 | 25920 |
| 18:00 | 1812   | 2132   | 1101   | 1602   | 1784   | 4075   | 916    | 510    | 9110   | 653   | 2349 | 26044 |
| 19:00 | 1912   | 2266   | 1064   | 1650   | 1767   | 3904   | 1052   | 497    | 8801   | 673   | 2372 | 25958 |
| 20:00 | 1932   | 2283   | 1017   | 1630   | 1699   | 3679   | 1108   | 473    | 8562   | 677   | 2314 | 25374 |
| 21:00 | 1846   | 2200   | 970    | 1563   | 1599   | 3464   | 1083   | 445    | 8344   | 668   | 2250 | 24432 |
| 22:00 | 1709   | 2035   | 903    | 1444   | 1461   | 3177   | 1000   | 411    | 7968   | 649   | 2133 | 22890 |
| 23:00 | 1582   | 1885   | 833    | 1326   | 1328   | 2869   | 921    | 376    | 7517   | 633   | 2007 | 21277 |