

# ISO Load Forecast

07/13/2026  
07/14/2026  
07/15/2026  
07/16/2026  
07/17/2026  
07/18/2026

07/13/2026

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1339   | 1631   | 693    | 1042   | 1105   | 2434   | 768    | 277    | 6008   | 550   | 1679 | 17526 |
| 01:00 | 1278   | 1549   | 656    | 989    | 1031   | 2268   | 728    | 259    | 5784   | 545   | 1611 | 16698 |
| 02:00 | 1241   | 1501   | 624    | 956    | 984    | 2155   | 704    | 247    | 5601   | 540   | 1561 | 16114 |
| 03:00 | 1219   | 1480   | 602    | 938    | 956    | 2088   | 691    | 237    | 5490   | 536   | 1536 | 15773 |
| 04:00 | 1223   | 1485   | 597    | 944    | 944    | 2080   | 699    | 234    | 5490   | 538   | 1541 | 15775 |
| 05:00 | 1236   | 1535   | 614    | 978    | 954    | 2126   | 722    | 239    | 5660   | 548   | 1583 | 16195 |
| 06:00 | 1232   | 1586   | 645    | 1010   | 969    | 2213   | 727    | 252    | 6044   | 548   | 1621 | 16847 |
| 07:00 | 1216   | 1590   | 691    | 1051   | 1002   | 2380   | 693    | 271    | 6527   | 548   | 1698 | 17667 |
| 08:00 | 1163   | 1517   | 715    | 1059   | 1018   | 2515   | 627    | 281    | 6894   | 540   | 1744 | 18073 |
| 09:00 | 1108   | 1472   | 727    | 1077   | 1019   | 2622   | 599    | 292    | 7158   | 539   | 1777 | 18390 |
| 10:00 | 1108   | 1486   | 750    | 1122   | 1051   | 2735   | 609    | 308    | 7332   | 538   | 1820 | 18859 |
| 11:00 | 1158   | 1561   | 777    | 1217   | 1090   | 2895   | 627    | 323    | 7491   | 542   | 1906 | 19587 |
| 12:00 | 1209   | 1660   | 802    | 1280   | 1159   | 3100   | 656    | 339    | 7608   | 551   | 1979 | 20343 |
| 13:00 | 1307   | 1736   | 824    | 1367   | 1236   | 3222   | 684    | 361    | 7655   | 555   | 2061 | 21008 |
| 14:00 | 1389   | 1785   | 850    | 1396   | 1333   | 3323   | 695    | 394    | 7729   | 556   | 2123 | 21573 |
| 15:00 | 1483   | 1848   | 890    | 1431   | 1438   | 3426   | 715    | 420    | 7839   | 559   | 2178 | 22227 |
| 16:00 | 1585   | 1949   | 929    | 1470   | 1575   | 3583   | 763    | 432    | 7903   | 573   | 2242 | 23004 |
| 17:00 | 1713   | 2063   | 952    | 1537   | 1694   | 3699   | 841    | 449    | 7920   | 589   | 2318 | 23775 |
| 18:00 | 1853   | 2196   | 950    | 1599   | 1734   | 3710   | 937    | 455    | 7715   | 607   | 2370 | 24126 |
| 19:00 | 1959   | 2326   | 921    | 1672   | 1701   | 3568   | 1036   | 437    | 7496   | 623   | 2386 | 24125 |
| 20:00 | 1974   | 2365   | 894    | 1660   | 1650   | 3407   | 1106   | 417    | 7301   | 629   | 2331 | 23734 |
| 21:00 | 1896   | 2275   | 871    | 1595   | 1569   | 3268   | 1073   | 400    | 7160   | 623   | 2263 | 22993 |
| 22:00 | 1756   | 2103   | 823    | 1475   | 1440   | 3036   | 986    | 371    | 6884   | 607   | 2140 | 21621 |
| 23:00 | 1617   | 1946   | 763    | 1348   | 1308   | 2762   | 902    | 331    | 6522   | 593   | 2000 | 20092 |

07/14/2026

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1508   | 1788   | 719    | 1242   | 1178   | 2544   | 828    | 307    | 6167   | 595   | 1917 | 18793 |
| 01:00 | 1436   | 1694   | 677    | 1169   | 1098   | 2367   | 782    | 286    | 5884   | 582   | 1829 | 17804 |
| 02:00 | 1384   | 1627   | 641    | 1120   | 1043   | 2243   | 756    | 274    | 5665   | 575   | 1763 | 17091 |
| 03:00 | 1350   | 1593   | 615    | 1089   | 1011   | 2167   | 743    | 262    | 5528   | 575   | 1730 | 16663 |
| 04:00 | 1341   | 1583   | 607    | 1089   | 993    | 2152   | 747    | 256    | 5505   | 577   | 1727 | 16577 |
| 05:00 | 1352   | 1626   | 623    | 1120   | 998    | 2197   | 772    | 260    | 5664   | 579   | 1769 | 16960 |
| 06:00 | 1368   | 1681   | 662    | 1158   | 1018   | 2297   | 795    | 273    | 6077   | 580   | 1819 | 17728 |
| 07:00 | 1397   | 1709   | 719    | 1210   | 1063   | 2501   | 773    | 294    | 6618   | 590   | 1907 | 18781 |
| 08:00 | 1382   | 1667   | 755    | 1214   | 1079   | 2720   | 719    | 308    | 7079   | 588   | 1953 | 19464 |
| 09:00 | 1354   | 1631   | 782    | 1239   | 1090   | 2909   | 693    | 324    | 7424   | 589   | 2004 | 20039 |
| 10:00 | 1376   | 1661   | 824    | 1299   | 1162   | 3123   | 702    | 349    | 7699   | 595   | 2041 | 20831 |
| 11:00 | 1419   | 1760   | 879    | 1407   | 1257   | 3396   | 719    | 382    | 7971   | 596   | 2115 | 21901 |
| 12:00 | 1475   | 1881   | 928    | 1486   | 1373   | 3639   | 753    | 413    | 8209   | 592   | 2183 | 22932 |
| 13:00 | 1596   | 1975   | 975    | 1604   | 1491   | 3829   | 791    | 448    | 8405   | 594   | 2256 | 23964 |
| 14:00 | 1673   | 2038   | 1021   | 1656   | 1600   | 3995   | 814    | 486    | 8586   | 590   | 2317 | 24776 |
| 15:00 | 1748   | 2127   | 1087   | 1701   | 1711   | 4136   | 855    | 522    | 8852   | 595   | 2353 | 25687 |
| 16:00 | 1855   | 2251   | 1147   | 1717   | 1852   | 4313   | 907    | 537    | 9041   | 601   | 2382 | 26603 |
| 17:00 | 1996   | 2376   | 1179   | 1762   | 1983   | 4441   | 995    | 553    | 9120   | 611   | 2442 | 27458 |
| 18:00 | 2144   | 2502   | 1178   | 1799   | 2035   | 4451   | 1084   | 559    | 8939   | 636   | 2482 | 27809 |
| 19:00 | 2255   | 2644   | 1146   | 1850   | 2017   | 4285   | 1188   | 540    | 8722   | 659   | 2497 | 27803 |
| 20:00 | 2272   | 2671   | 1114   | 1827   | 1975   | 4095   | 1266   | 520    | 8518   | 666   | 2446 | 27370 |
| 21:00 | 2192   | 2559   | 1082   | 1761   | 1881   | 3913   | 1230   | 497    | 8350   | 661   | 2380 | 26506 |
| 22:00 | 2042   | 2373   | 1015   | 1641   | 1728   | 3621   | 1133   | 458    | 8010   | 641   | 2268 | 24930 |
| 23:00 | 1893   | 2205   | 939    | 1514   | 1573   | 3296   | 1039   | 413    | 7570   | 627   | 2131 | 23200 |

07/15/2026

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1788   | 2043   | 882    | 1449   | 1421   | 3056   | 957    | 386    | 7131   | 614   | 2069 | 21796 |
| 01:00 | 1711   | 1938   | 832    | 1376   | 1327   | 2841   | 909    | 363    | 6798   | 605   | 1987 | 20687 |
| 02:00 | 1648   | 1869   | 788    | 1321   | 1258   | 2685   | 878    | 346    | 6546   | 598   | 1919 | 19856 |
| 03:00 | 1606   | 1822   | 756    | 1281   | 1209   | 2584   | 862    | 333    | 6388   | 592   | 1877 | 19310 |
| 04:00 | 1593   | 1809   | 743    | 1271   | 1181   | 2547   | 861    | 323    | 6347   | 593   | 1863 | 19131 |
| 05:00 | 1598   | 1848   | 756    | 1291   | 1179   | 2576   | 878    | 326    | 6498   | 593   | 1887 | 19430 |
| 06:00 | 1607   | 1887   | 797    | 1319   | 1198   | 2678   | 886    | 335    | 6934   | 592   | 1926 | 20159 |
| 07:00 | 1605   | 1897   | 854    | 1368   | 1257   | 2904   | 851    | 356    | 7508   | 584   | 1999 | 21183 |
| 08:00 | 1572   | 1845   | 891    | 1380   | 1310   | 3134   | 808    | 372    | 7998   | 574   | 2018 | 21902 |
| 09:00 | 1548   | 1797   | 931    | 1376   | 1359   | 3365   | 770    | 396    | 8401   | 567   | 2044 | 22554 |
| 10:00 | 1558   | 1802   | 984    | 1385   | 1444   | 3615   | 772    | 427    | 8725   | 559   | 2076 | 23347 |
| 11:00 | 1566   | 1855   | 1042   | 1413   | 1523   | 3934   | 780    | 461    | 9037   | 558   | 2140 | 24309 |
| 12:00 | 1573   | 1927   | 1095   | 1448   | 1617   | 4238   | 782    | 488    | 9297   | 554   | 2197 | 25216 |
| 13:00 | 1637   | 1978   | 1139   | 1521   | 1712   | 4455   | 795    | 517    | 9467   | 557   | 2266 | 26044 |
| 14:00 | 1678   | 2011   | 1175   | 1549   | 1793   | 4625   | 794    | 555    | 9645   | 554   | 2314 | 26693 |
| 15:00 | 1720   | 2048   | 1238   | 1581   | 1862   | 4754   | 802    | 583    | 9908   | 559   | 2349 | 27404 |
| 16:00 | 1769   | 2091   | 1282   | 1600   | 1945   | 4895   | 839    | 583    | 10009  | 577   | 2370 | 27960 |
| 17:00 | 1874   | 2166   | 1282   | 1632   | 2018   | 4975   | 892    | 583    | 9959   | 600   | 2408 | 28389 |
| 18:00 | 1962   | 2252   | 1260   | 1651   | 2014   | 4931   | 959    | 574    | 9698   | 621   | 2427 | 28349 |
| 19:00 | 2021   | 2335   | 1211   | 1679   | 1937   | 4718   | 1041   | 546    | 9351   | 639   | 2433 | 27911 |
| 20:00 | 2001   | 2343   | 1157   | 1658   | 1849   | 4458   | 1119   | 514    | 9065   | 647   | 2378 | 27189 |
| 21:00 | 1920   | 2247   | 1105   | 1588   | 1740   | 4189   | 1084   | 482    | 8755   | 640   | 2297 | 26047 |
| 22:00 | 1785   | 2077   | 1023   | 1472   | 1592   | 3842   | 999    | 440    | 8307   | 625   | 2175 | 24337 |
| 23:00 | 1644   | 1926   | 939    | 1349   | 1441   | 3467   | 914    | 393    | 7821   | 610   | 2033 | 22537 |

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| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1523   | 1765   | 870    | 1232   | 1261   | 3043   | 836    | 361    | 7344   | 597   | 1918 | 20750 |
| 01:00 | 1442   | 1666   | 811    | 1156   | 1165   | 2791   | 787    | 335    | 6961   | 586   | 1823 | 19523 |
| 02:00 | 1386   | 1599   | 761    | 1104   | 1101   | 2608   | 754    | 315    | 6650   | 579   | 1749 | 18606 |
| 03:00 | 1348   | 1558   | 722    | 1070   | 1056   | 2483   | 736    | 298    | 6439   | 575   | 1703 | 17988 |
| 04:00 | 1341   | 1544   | 704    | 1062   | 1028   | 2428   | 737    | 288    | 6351   | 576   | 1690 | 17749 |
| 05:00 | 1350   | 1586   | 709    | 1082   | 1024   | 2439   | 757    | 289    | 6466   | 579   | 1717 | 17998 |
| 06:00 | 1337   | 1610   | 748    | 1096   | 1041   | 2525   | 746    | 298    | 6857   | 578   | 1746 | 18582 |
| 07:00 | 1315   | 1597   | 800    | 1131   | 1079   | 2691   | 695    | 318    | 7313   | 567   | 1811 | 19317 |
| 08:00 | 1278   | 1533   | 822    | 1148   | 1094   | 2842   | 653    | 332    | 7638   | 557   | 1842 | 19739 |
| 09:00 | 1232   | 1488   | 836    | 1165   | 1097   | 2984   | 620    | 346    | 7898   | 546   | 1886 | 20098 |
| 10:00 | 1230   | 1505   | 864    | 1200   | 1138   | 3136   | 633    | 367    | 8075   | 542   | 1925 | 20615 |
| 11:00 | 1263   | 1568   | 896    | 1249   | 1196   | 3334   | 648    | 391    | 8253   | 543   | 1992 | 21333 |
| 12:00 | 1301   | 1629   | 926    | 1286   | 1287   | 3547   | 661    | 408    | 8385   | 545   | 2045 | 22020 |
| 13:00 | 1379   | 1678   | 954    | 1352   | 1388   | 3712   | 675    | 432    | 8448   | 546   | 2099 | 22663 |
| 14:00 | 1420   | 1711   | 989    | 1392   | 1469   | 3854   | 681    | 466    | 8534   | 543   | 2133 | 23192 |
| 15:00 | 1485   | 1749   | 1040   | 1416   | 1551   | 3945   | 692    | 493    | 8719   | 551   | 2169 | 23810 |
| 16:00 | 1577   | 1813   | 1090   | 1439   | 1644   | 4064   | 725    | 504    | 8819   | 567   | 2198 | 24440 |
| 17:00 | 1678   | 1929   | 1111   | 1490   | 1739   | 4153   | 791    | 514    | 8816   | 589   | 2254 | 25064 |
| 18:00 | 1776   | 2049   | 1103   | 1509   | 1764   | 4170   | 874    | 507    | 8629   | 610   | 2276 | 25267 |
| 19:00 | 1845   | 2155   | 1065   | 1537   | 1719   | 3998   | 965    | 482    | 8382   | 625   | 2289 | 25062 |
| 20:00 | 1845   | 2166   | 1024   | 1519   | 1653   | 3812   | 1047   | 459    | 8164   | 636   | 2235 | 24560 |
| 21:00 | 1779   | 2088   | 991    | 1469   | 1570   | 3632   | 1022   | 438    | 7981   | 631   | 2171 | 23772 |
| 22:00 | 1656   | 1939   | 926    | 1369   | 1438   | 3367   | 943    | 400    | 7655   | 613   | 2064 | 22370 |
| 23:00 | 1531   | 1800   | 854    | 1261   | 1300   | 3061   | 867    | 356    | 7247   | 600   | 1938 | 20815 |

07/17/2026

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1431   | 1672   | 798    | 1162   | 1169   | 2819   | 802    | 327    | 6832   | 592   | 1858 | 19462 |
| 01:00 | 1360   | 1587   | 746    | 1095   | 1086   | 2602   | 758    | 305    | 6499   | 585   | 1776 | 18399 |
| 02:00 | 1310   | 1531   | 700    | 1049   | 1031   | 2444   | 731    | 288    | 6225   | 575   | 1709 | 17593 |
| 03:00 | 1281   | 1501   | 665    | 1020   | 994    | 2332   | 714    | 275    | 6041   | 569   | 1672 | 17064 |
| 04:00 | 1277   | 1495   | 647    | 1015   | 972    | 2280   | 715    | 267    | 5966   | 570   | 1660 | 16864 |
| 05:00 | 1289   | 1534   | 653    | 1036   | 973    | 2288   | 734    | 269    | 6087   | 574   | 1690 | 17127 |
| 06:00 | 1277   | 1548   | 687    | 1038   | 974    | 2362   | 712    | 278    | 6473   | 567   | 1708 | 17624 |
| 07:00 | 1254   | 1518   | 735    | 1055   | 989    | 2537   | 645    | 293    | 6933   | 560   | 1766 | 18285 |
| 08:00 | 1193   | 1420   | 756    | 1050   | 984    | 2711   | 571    | 304    | 7282   | 546   | 1784 | 18601 |
| 09:00 | 1101   | 1342   | 773    | 1058   | 973    | 2871   | 514    | 317    | 7567   | 536   | 1822 | 18874 |
| 10:00 | 1070   | 1327   | 808    | 1102   | 1010   | 3052   | 518    | 336    | 7787   | 531   | 1850 | 19391 |
| 11:00 | 1080   | 1401   | 845    | 1163   | 1071   | 3286   | 535    | 359    | 8002   | 535   | 1908 | 20185 |
| 12:00 | 1113   | 1488   | 880    | 1213   | 1159   | 3512   | 561    | 375    | 8154   | 536   | 1961 | 20952 |
| 13:00 | 1205   | 1569   | 910    | 1281   | 1269   | 3672   | 588    | 404    | 8215   | 537   | 2007 | 21657 |
| 14:00 | 1281   | 1628   | 951    | 1309   | 1373   | 3818   | 609    | 448    | 8337   | 542   | 2042 | 22338 |
| 15:00 | 1381   | 1688   | 1018   | 1343   | 1489   | 3934   | 652    | 483    | 8586   | 549   | 2073 | 23196 |
| 16:00 | 1502   | 1772   | 1075   | 1375   | 1612   | 4084   | 715    | 499    | 8723   | 567   | 2099 | 24023 |
| 17:00 | 1616   | 1886   | 1099   | 1420   | 1718   | 4173   | 794    | 509    | 8728   | 588   | 2140 | 24671 |
| 18:00 | 1720   | 1998   | 1082   | 1430   | 1742   | 4148   | 885    | 498    | 8477   | 606   | 2168 | 24754 |
| 19:00 | 1789   | 2083   | 1043   | 1451   | 1701   | 3983   | 980    | 474    | 8222   | 619   | 2179 | 24524 |
| 20:00 | 1789   | 2082   | 1003   | 1429   | 1641   | 3784   | 1026   | 451    | 7960   | 628   | 2135 | 23928 |
| 21:00 | 1738   | 2009   | 973    | 1377   | 1559   | 3601   | 993    | 431    | 7729   | 624   | 2082 | 23116 |
| 22:00 | 1632   | 1880   | 916    | 1290   | 1442   | 3360   | 925    | 398    | 7411   | 610   | 1987 | 21851 |
| 23:00 | 1513   | 1756   | 852    | 1194   | 1318   | 3082   | 858    | 360    | 7066   | 598   | 1879 | 20476 |

07/18/2026

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1400   | 1628   | 790    | 1101   | 1192   | 2821   | 794    | 335    | 6734   | 592   | 1821 | 19208 |
| 01:00 | 1323   | 1545   | 744    | 1039   | 1112   | 2613   | 751    | 313    | 6452   | 583   | 1741 | 18216 |
| 02:00 | 1273   | 1485   | 701    | 997    | 1052   | 2454   | 723    | 297    | 6209   | 577   | 1686 | 17454 |
| 03:00 | 1239   | 1451   | 667    | 970    | 1010   | 2343   | 705    | 282    | 6031   | 571   | 1646 | 16915 |
| 04:00 | 1226   | 1441   | 645    | 956    | 983    | 2279   | 699    | 271    | 5915   | 570   | 1626 | 16611 |
| 05:00 | 1220   | 1444   | 637    | 956    | 974    | 2253   | 697    | 270    | 5874   | 566   | 1624 | 16515 |
| 06:00 | 1175   | 1422   | 640    | 944    | 960    | 2270   | 646    | 272    | 5938   | 555   | 1617 | 16439 |
| 07:00 | 1144   | 1417   | 662    | 963    | 956    | 2396   | 583    | 283    | 6154   | 546   | 1634 | 16738 |
| 08:00 | 1120   | 1384   | 693    | 998    | 964    | 2591   | 556    | 299    | 6411   | 540   | 1671 | 17227 |
| 09:00 | 1101   | 1371   | 730    | 1029   | 984    | 2800   | 546    | 320    | 6714   | 538   | 1729 | 17862 |
| 10:00 | 1115   | 1391   | 775    | 1089   | 1037   | 3014   | 555    | 346    | 6979   | 540   | 1794 | 18635 |
| 11:00 | 1160   | 1463   | 815    | 1157   | 1109   | 3267   | 585    | 369    | 7214   | 544   | 1876 | 19559 |
| 12:00 | 1206   | 1528   | 853    | 1234   | 1202   | 3496   | 609    | 388    | 7468   | 548   | 1946 | 20478 |
| 13:00 | 1274   | 1604   | 887    | 1286   | 1304   | 3685   | 634    | 413    | 7610   | 553   | 2007 | 21257 |
| 14:00 | 1333   | 1644   | 917    | 1326   | 1381   | 3828   | 652    | 443    | 7757   | 557   | 2046 | 21884 |
| 15:00 | 1406   | 1690   | 958    | 1346   | 1450   | 3934   | 683    | 456    | 7922   | 566   | 2083 | 22494 |
| 16:00 | 1516   | 1757   | 991    | 1377   | 1510   | 4029   | 735    | 466    | 8037   | 583   | 2117 | 23118 |
| 17:00 | 1625   | 1861   | 1014   | 1409   | 1574   | 4070   | 796    | 468    | 8085   | 603   | 2156 | 23661 |
| 18:00 | 1703   | 1964   | 1008   | 1427   | 1589   | 4013   | 865    | 462    | 8012   | 624   | 2166 | 23833 |
| 19:00 | 1753   | 2024   | 987    | 1429   | 1556   | 3863   | 932    | 452    | 7876   | 637   | 2161 | 23670 |
| 20:00 | 1757   | 2012   | 970    | 1409   | 1527   | 3714   | 976    | 434    | 7799   | 641   | 2127 | 23366 |
| 21:00 | 1707   | 1949   | 947    | 1356   | 1462   | 3574   | 956    | 416    | 7718   | 637   | 2069 | 22791 |
| 22:00 | 1611   | 1836   | 899    | 1272   | 1366   | 3368   | 902    | 391    | 7527   | 622   | 1976 | 21770 |
| 23:00 | 1508   | 1713   | 850    | 1182   | 1267   | 3118   | 845    | 365    | 7267   | 610   | 1873 | 20598 |