

# ISO Load Forecast

[01/28/2020](#)
[01/29/2020](#)
[01/30/2020](#)
[01/31/2020](#)
[02/01/2020](#)
[02/02/2020](#)
[01/28/2020](#)

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1145   | 1613   | 522    | 972    | 908    | 1837   | 701    | 265    | 4818   | 570   | 1536 | 14887 |
| 01:00 | 1121   | 1576   | 504    | 943    | 881    | 1772   | 678    | 255    | 4622   | 568   | 1500 | 14420 |
| 02:00 | 1112   | 1552   | 495    | 928    | 869    | 1734   | 671    | 253    | 4501   | 565   | 1481 | 14161 |
| 03:00 | 1115   | 1548   | 491    | 926    | 870    | 1731   | 671    | 253    | 4455   | 565   | 1475 | 14100 |
| 04:00 | 1141   | 1583   | 500    | 949    | 885    | 1781   | 691    | 260    | 4509   | 567   | 1500 | 14366 |
| 05:00 | 1221   | 1692   | 536    | 1022   | 940    | 1924   | 746    | 286    | 4781   | 587   | 1577 | 15312 |
| 06:00 | 1363   | 1880   | 609    | 1136   | 1040   | 2172   | 849    | 327    | 5315   | 617   | 1713 | 17021 |
| 07:00 | 1442   | 1989   | 667    | 1212   | 1097   | 2305   | 906    | 348    | 5836   | 642   | 1814 | 18258 |
| 08:00 | 1434   | 1996   | 672    | 1223   | 1093   | 2282   | 915    | 344    | 6100   | 636   | 1839 | 18534 |
| 09:00 | 1416   | 2003   | 671    | 1232   | 1077   | 2200   | 916    | 334    | 6253   | 635   | 1857 | 18594 |
| 10:00 | 1405   | 2017   | 669    | 1244   | 1060   | 2128   | 917    | 328    | 6289   | 634   | 1871 | 18562 |
| 11:00 | 1388   | 2013   | 664    | 1245   | 1048   | 2079   | 905    | 321    | 6297   | 627   | 1865 | 18452 |
| 12:00 | 1370   | 1996   | 662    | 1238   | 1041   | 2043   | 895    | 317    | 6287   | 623   | 1850 | 18322 |
| 13:00 | 1371   | 1990   | 664    | 1235   | 1049   | 2055   | 887    | 317    | 6278   | 618   | 1853 | 18317 |
| 14:00 | 1371   | 1978   | 665    | 1226   | 1065   | 2102   | 882    | 320    | 6263   | 613   | 1835 | 18320 |
| 15:00 | 1397   | 1973   | 680    | 1222   | 1093   | 2205   | 885    | 330    | 6301   | 613   | 1826 | 18525 |
| 16:00 | 1472   | 2016   | 706    | 1246   | 1151   | 2381   | 920    | 351    | 6404   | 631   | 1855 | 19133 |
| 17:00 | 1564   | 2102   | 738    | 1302   | 1231   | 2598   | 969    | 379    | 6542   | 662   | 1914 | 20001 |
| 18:00 | 1582   | 2136   | 747    | 1324   | 1255   | 2662   | 986    | 395    | 6460   | 669   | 1943 | 20159 |
| 19:00 | 1552   | 2096   | 733    | 1293   | 1236   | 2612   | 965    | 390    | 6328   | 662   | 1921 | 19788 |
| 20:00 | 1492   | 2035   | 703    | 1250   | 1199   | 2520   | 923    | 376    | 6148   | 654   | 1870 | 19170 |
| 21:00 | 1413   | 1929   | 666    | 1174   | 1138   | 2378   | 867    | 352    | 5912   | 629   | 1799 | 18257 |
| 22:00 | 1310   | 1809   | 613    | 1092   | 1055   | 2174   | 805    | 317    | 5573   | 605   | 1714 | 17067 |
| 23:00 | 1223   | 1713   | 566    | 1026   | 978    | 1985   | 756    | 285    | 5183   | 593   | 1624 | 15932 |

01/29/2020

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1179   | 1651   | 537    | 991    | 936    | 1872   | 718    | 267    | 4860   | 573   | 1563 | 15147 |
| 01:00 | 1155   | 1619   | 521    | 965    | 913    | 1819   | 699    | 261    | 4667   | 572   | 1532 | 14723 |
| 02:00 | 1148   | 1595   | 513    | 952    | 902    | 1787   | 693    | 258    | 4557   | 572   | 1518 | 14495 |
| 03:00 | 1153   | 1591   | 510    | 952    | 904    | 1786   | 695    | 258    | 4516   | 574   | 1518 | 14457 |
| 04:00 | 1182   | 1628   | 521    | 978    | 920    | 1835   | 720    | 265    | 4572   | 584   | 1544 | 14749 |
| 05:00 | 1261   | 1740   | 557    | 1050   | 973    | 1975   | 784    | 289    | 4847   | 607   | 1619 | 15702 |
| 06:00 | 1406   | 1929   | 629    | 1165   | 1074   | 2217   | 893    | 326    | 5396   | 648   | 1748 | 17431 |
| 07:00 | 1482   | 2039   | 687    | 1240   | 1128   | 2351   | 948    | 348    | 5931   | 671   | 1838 | 18663 |
| 08:00 | 1459   | 2040   | 692    | 1242   | 1111   | 2328   | 951    | 345    | 6194   | 652   | 1852 | 18866 |
| 09:00 | 1408   | 2031   | 684    | 1240   | 1071   | 2228   | 938    | 332    | 6337   | 643   | 1858 | 18770 |
| 10:00 | 1367   | 2026   | 676    | 1242   | 1029   | 2125   | 924    | 321    | 6352   | 636   | 1865 | 18563 |
| 11:00 | 1325   | 2002   | 663    | 1235   | 999    | 2044   | 896    | 312    | 6328   | 630   | 1843 | 18277 |
| 12:00 | 1293   | 1973   | 655    | 1218   | 974    | 1985   | 877    | 304    | 6291   | 624   | 1817 | 18011 |
| 13:00 | 1290   | 1958   | 650    | 1205   | 978    | 1982   | 869    | 301    | 6257   | 621   | 1812 | 17923 |
| 14:00 | 1306   | 1939   | 652    | 1198   | 1005   | 2045   | 864    | 303    | 6232   | 616   | 1793 | 17953 |
| 15:00 | 1355   | 1935   | 672    | 1198   | 1054   | 2179   | 872    | 316    | 6281   | 625   | 1781 | 18268 |
| 16:00 | 1447   | 1979   | 702    | 1223   | 1130   | 2380   | 914    | 339    | 6408   | 644   | 1808 | 18974 |
| 17:00 | 1568   | 2106   | 740    | 1298   | 1227   | 2616   | 978    | 373    | 6578   | 680   | 1885 | 20049 |
| 18:00 | 1603   | 2178   | 754    | 1331   | 1265   | 2701   | 1009   | 394    | 6540   | 687   | 1935 | 20397 |
| 19:00 | 1585   | 2166   | 744    | 1314   | 1257   | 2662   | 999    | 394    | 6424   | 687   | 1928 | 20160 |
| 20:00 | 1540   | 2122   | 719    | 1278   | 1228   | 2586   | 963    | 384    | 6258   | 681   | 1890 | 19649 |
| 21:00 | 1464   | 2025   | 685    | 1204   | 1172   | 2446   | 909    | 364    | 6030   | 660   | 1825 | 18784 |
| 22:00 | 1367   | 1906   | 635    | 1120   | 1093   | 2244   | 848    | 332    | 5699   | 637   | 1744 | 17625 |
| 23:00 | 1287   | 1811   | 588    | 1057   | 1020   | 2057   | 802    | 303    | 5309   | 618   | 1666 | 16518 |

01/30/2020

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1246   | 1769   | 561    | 1026   | 983    | 1946   | 781    | 278    | 4984   | 590   | 1625 | 15789 |
| 01:00 | 1229   | 1741   | 545    | 1005   | 961    | 1891   | 765    | 271    | 4793   | 587   | 1601 | 15389 |
| 02:00 | 1225   | 1727   | 537    | 992    | 951    | 1856   | 760    | 269    | 4683   | 588   | 1589 | 15177 |
| 03:00 | 1232   | 1732   | 533    | 993    | 953    | 1855   | 764    | 268    | 4643   | 590   | 1586 | 15149 |
| 04:00 | 1263   | 1774   | 542    | 1017   | 969    | 1907   | 789    | 275    | 4701   | 595   | 1610 | 15442 |
| 05:00 | 1340   | 1882   | 578    | 1086   | 1024   | 2047   | 851    | 298    | 4972   | 622   | 1680 | 16380 |
| 06:00 | 1479   | 2069   | 649    | 1194   | 1124   | 2288   | 961    | 336    | 5496   | 662   | 1800 | 18058 |
| 07:00 | 1546   | 2167   | 706    | 1264   | 1175   | 2420   | 1016   | 359    | 6014   | 689   | 1878 | 19234 |
| 08:00 | 1515   | 2149   | 710    | 1257   | 1154   | 2386   | 1010   | 355    | 6269   | 671   | 1885 | 19361 |
| 09:00 | 1469   | 2123   | 702    | 1252   | 1119   | 2300   | 991    | 346    | 6422   | 651   | 1889 | 19264 |
| 10:00 | 1437   | 2101   | 696    | 1248   | 1089   | 2223   | 968    | 338    | 6453   | 637   | 1894 | 19084 |
| 11:00 | 1401   | 2065   | 690    | 1239   | 1070   | 2172   | 936    | 332    | 6451   | 626   | 1867 | 18849 |
| 12:00 | 1359   | 2024   | 686    | 1219   | 1056   | 2139   | 908    | 326    | 6427   | 615   | 1835 | 18594 |
| 13:00 | 1352   | 2011   | 685    | 1208   | 1061   | 2147   | 895    | 325    | 6400   | 605   | 1830 | 18519 |
| 14:00 | 1362   | 1986   | 687    | 1198   | 1077   | 2201   | 889    | 327    | 6368   | 604   | 1808 | 18507 |
| 15:00 | 1397   | 1983   | 701    | 1195   | 1108   | 2307   | 895    | 336    | 6412   | 611   | 1798 | 18743 |
| 16:00 | 1476   | 2025   | 725    | 1217   | 1169   | 2478   | 934    | 357    | 6525   | 633   | 1824 | 19363 |
| 17:00 | 1580   | 2131   | 755    | 1278   | 1252   | 2678   | 990    | 385    | 6655   | 669   | 1884 | 20257 |
| 18:00 | 1613   | 2185   | 768    | 1311   | 1283   | 2752   | 1015   | 402    | 6593   | 674   | 1915 | 20511 |
| 19:00 | 1596   | 2176   | 756    | 1296   | 1274   | 2714   | 1006   | 400    | 6472   | 670   | 1918 | 20278 |
| 20:00 | 1548   | 2123   | 729    | 1261   | 1241   | 2627   | 969    | 386    | 6288   | 659   | 1883 | 19714 |
| 21:00 | 1474   | 2025   | 693    | 1195   | 1187   | 2487   | 912    | 363    | 6055   | 640   | 1821 | 18852 |
| 22:00 | 1382   | 1907   | 644    | 1117   | 1112   | 2287   | 850    | 331    | 5730   | 617   | 1742 | 17719 |
| 23:00 | 1301   | 1807   | 598    | 1056   | 1040   | 2100   | 798    | 301    | 5356   | 600   | 1663 | 16620 |

01/31/2020

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1258   | 1737   | 566    | 1021   | 992    | 1975   | 775    | 279    | 5037   | 612   | 1617 | 15869 |
| 01:00 | 1239   | 1705   | 547    | 996    | 965    | 1911   | 760    | 270    | 4839   | 611   | 1593 | 15436 |
| 02:00 | 1231   | 1688   | 536    | 983    | 952    | 1869   | 753    | 266    | 4718   | 607   | 1580 | 15183 |
| 03:00 | 1232   | 1688   | 533    | 980    | 950    | 1859   | 755    | 264    | 4663   | 607   | 1574 | 15105 |
| 04:00 | 1256   | 1723   | 540    | 1001   | 964    | 1898   | 773    | 269    | 4706   | 610   | 1593 | 15333 |
| 05:00 | 1324   | 1813   | 574    | 1066   | 1015   | 2026   | 830    | 289    | 4964   | 628   | 1654 | 16183 |
| 06:00 | 1447   | 1972   | 639    | 1166   | 1108   | 2248   | 924    | 326    | 5469   | 656   | 1760 | 17715 |
| 07:00 | 1514   | 2054   | 695    | 1230   | 1162   | 2377   | 970    | 351    | 5961   | 674   | 1827 | 18815 |
| 08:00 | 1495   | 2045   | 704    | 1230   | 1152   | 2370   | 968    | 351    | 6217   | 663   | 1830 | 19025 |
| 09:00 | 1461   | 2025   | 700    | 1225   | 1133   | 2300   | 953    | 344    | 6376   | 653   | 1834 | 19004 |
| 10:00 | 1432   | 2008   | 697    | 1220   | 1111   | 2223   | 934    | 335    | 6407   | 644   | 1838 | 18849 |
| 11:00 | 1388   | 1976   | 686    | 1209   | 1089   | 2158   | 910    | 329    | 6382   | 632   | 1818 | 18577 |
| 12:00 | 1347   | 1943   | 679    | 1190   | 1066   | 2109   | 888    | 323    | 6334   | 624   | 1790 | 18293 |
| 13:00 | 1333   | 1921   | 675    | 1174   | 1058   | 2099   | 872    | 322    | 6288   | 621   | 1774 | 18137 |
| 14:00 | 1337   | 1904   | 676    | 1164   | 1066   | 2153   | 860    | 323    | 6246   | 618   | 1755 | 18102 |
| 15:00 | 1365   | 1900   | 689    | 1161   | 1089   | 2255   | 863    | 334    | 6278   | 622   | 1744 | 18300 |
| 16:00 | 1432   | 1926   | 712    | 1181   | 1143   | 2416   | 894    | 352    | 6379   | 635   | 1767 | 18837 |
| 17:00 | 1506   | 1987   | 729    | 1220   | 1207   | 2570   | 929    | 371    | 6459   | 651   | 1812 | 19441 |
| 18:00 | 1520   | 2009   | 736    | 1237   | 1228   | 2622   | 940    | 384    | 6365   | 649   | 1832 | 19522 |
| 19:00 | 1498   | 1994   | 720    | 1224   | 1214   | 2562   | 931    | 378    | 6225   | 646   | 1824 | 19216 |
| 20:00 | 1454   | 1950   | 697    | 1193   | 1189   | 2491   | 902    | 365    | 6056   | 639   | 1797 | 18733 |
| 21:00 | 1402   | 1885   | 670    | 1140   | 1147   | 2385   | 865    | 348    | 5850   | 625   | 1753 | 18070 |
| 22:00 | 1335   | 1804   | 634    | 1077   | 1084   | 2235   | 820    | 324    | 5581   | 611   | 1694 | 17199 |
| 23:00 | 1270   | 1728   | 596    | 1018   | 1018   | 2076   | 773    | 297    | 5270   | 601   | 1624 | 16271 |

02/01/2020

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1223   | 1684   | 557    | 973    | 965    | 1950   | 751    | 280    | 4995   | 611   | 1583 | 15572 |
| 01:00 | 1199   | 1646   | 533    | 943    | 934    | 1867   | 729    | 269    | 4805   | 610   | 1552 | 15087 |
| 02:00 | 1187   | 1622   | 519    | 928    | 919    | 1819   | 719    | 263    | 4678   | 606   | 1533 | 14793 |
| 03:00 | 1185   | 1615   | 516    | 923    | 913    | 1797   | 716    | 260    | 4607   | 605   | 1527 | 14664 |
| 04:00 | 1196   | 1626   | 518    | 932    | 919    | 1809   | 726    | 262    | 4604   | 603   | 1534 | 14729 |
| 05:00 | 1222   | 1670   | 532    | 962    | 942    | 1863   | 750    | 268    | 4703   | 608   | 1557 | 15077 |
| 06:00 | 1264   | 1752   | 560    | 1012   | 987    | 1980   | 801    | 286    | 4892   | 615   | 1606 | 15755 |
| 07:00 | 1304   | 1819   | 588    | 1057   | 1026   | 2057   | 848    | 306    | 5083   | 627   | 1652 | 16367 |
| 08:00 | 1344   | 1860   | 616    | 1078   | 1054   | 2115   | 879    | 322    | 5246   | 633   | 1668 | 16815 |
| 09:00 | 1362   | 1886   | 631    | 1097   | 1063   | 2130   | 891    | 328    | 5419   | 633   | 1692 | 17132 |
| 10:00 | 1350   | 1879   | 637    | 1100   | 1052   | 2115   | 883    | 325    | 5552   | 628   | 1695 | 17216 |
| 11:00 | 1322   | 1850   | 638    | 1088   | 1036   | 2100   | 862    | 320    | 5600   | 617   | 1680 | 17113 |
| 12:00 | 1288   | 1809   | 632    | 1066   | 1012   | 2072   | 836    | 316    | 5600   | 609   | 1662 | 16902 |
| 13:00 | 1270   | 1772   | 626    | 1049   | 1001   | 2047   | 814    | 312    | 5555   | 606   | 1644 | 16696 |
| 14:00 | 1267   | 1750   | 624    | 1039   | 1004   | 2055   | 804    | 310    | 5519   | 603   | 1629 | 16604 |
| 15:00 | 1285   | 1745   | 627    | 1035   | 1021   | 2099   | 806    | 313    | 5513   | 598   | 1623 | 16665 |
| 16:00 | 1332   | 1781   | 641    | 1057   | 1062   | 2200   | 829    | 324    | 5566   | 602   | 1644 | 17038 |
| 17:00 | 1423   | 1881   | 682    | 1123   | 1149   | 2410   | 886    | 354    | 5757   | 617   | 1696 | 17978 |
| 18:00 | 1428   | 1922   | 692    | 1152   | 1177   | 2458   | 901    | 364    | 5838   | 617   | 1727 | 18276 |
| 19:00 | 1401   | 1886   | 682    | 1129   | 1155   | 2398   | 885    | 360    | 5791   | 612   | 1710 | 18009 |
| 20:00 | 1362   | 1840   | 667    | 1104   | 1131   | 2337   | 860    | 351    | 5706   | 605   | 1702 | 17665 |
| 21:00 | 1325   | 1787   | 653    | 1060   | 1101   | 2268   | 821    | 339    | 5588   | 596   | 1669 | 17207 |
| 22:00 | 1270   | 1704   | 622    | 1000   | 1048   | 2145   | 773    | 321    | 5377   | 584   | 1617 | 16461 |
| 23:00 | 1219   | 1634   | 587    | 946    | 990    | 2013   | 734    | 299    | 5128   | 577   | 1558 | 15685 |

02/02/2020

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1180   | 1586   | 552    | 912    | 943    | 1898   | 702    | 273    | 4879   | 573   | 1491 | 14989 |
| 01:00 | 1154   | 1549   | 529    | 885    | 910    | 1813   | 678    | 259    | 4684   | 568   | 1457 | 14486 |
| 02:00 | 1140   | 1524   | 516    | 870    | 891    | 1758   | 666    | 253    | 4545   | 562   | 1437 | 14162 |
| 03:00 | 1136   | 1516   | 508    | 864    | 883    | 1729   | 662    | 251    | 4467   | 558   | 1429 | 14003 |
| 04:00 | 1143   | 1522   | 508    | 869    | 886    | 1736   | 666    | 252    | 4456   | 559   | 1435 | 14032 |
| 05:00 | 1165   | 1553   | 520    | 891    | 903    | 1776   | 682    | 260    | 4533   | 560   | 1453 | 14296 |
| 06:00 | 1199   | 1612   | 543    | 928    | 942    | 1863   | 722    | 274    | 4673   | 573   | 1493 | 14822 |
| 07:00 | 1227   | 1668   | 561    | 964    | 971    | 1906   | 761    | 289    | 4805   | 588   | 1530 | 15270 |
| 08:00 | 1274   | 1722   | 585    | 988    | 1009   | 1979   | 801    | 304    | 4968   | 599   | 1548 | 15777 |
| 09:00 | 1312   | 1764   | 607    | 1017   | 1042   | 2035   | 829    | 316    | 5155   | 607   | 1584 | 16268 |
| 10:00 | 1327   | 1789   | 623    | 1032   | 1056   | 2061   | 838    | 322    | 5318   | 608   | 1601 | 16575 |
| 11:00 | 1329   | 1794   | 631    | 1041   | 1057   | 2080   | 836    | 324    | 5412   | 602   | 1609 | 16715 |
| 12:00 | 1318   | 1786   | 634    | 1045   | 1045   | 2079   | 828    | 323    | 5450   | 596   | 1615 | 16719 |
| 13:00 | 1305   | 1774   | 632    | 1044   | 1034   | 2071   | 810    | 319    | 5450   | 590   | 1615 | 16644 |
| 14:00 | 1299   | 1761   | 629    | 1043   | 1030   | 2082   | 800    | 316    | 5439   | 586   | 1611 | 16596 |
| 15:00 | 1311   | 1766   | 633    | 1047   | 1042   | 2124   | 805    | 318    | 5460   | 586   | 1616 | 16708 |
| 16:00 | 1355   | 1809   | 650    | 1074   | 1079   | 2228   | 828    | 331    | 5535   | 593   | 1649 | 17131 |
| 17:00 | 1448   | 1914   | 695    | 1144   | 1167   | 2448   | 883    | 360    | 5732   | 611   | 1716 | 18118 |
| 18:00 | 1456   | 1947   | 707    | 1175   | 1185   | 2501   | 890    | 370    | 5823   | 611   | 1750 | 18415 |
| 19:00 | 1413   | 1905   | 695    | 1143   | 1154   | 2433   | 873    | 365    | 5764   | 600   | 1726 | 18071 |
| 20:00 | 1365   | 1855   | 676    | 1118   | 1118   | 2359   | 841    | 355    | 5695   | 593   | 1709 | 17684 |
| 21:00 | 1312   | 1791   | 655    | 1075   | 1076   | 2270   | 799    | 339    | 5572   | 579   | 1671 | 17139 |
| 22:00 | 1250   | 1707   | 616    | 1017   | 1017   | 2130   | 752    | 314    | 5331   | 561   | 1614 | 16309 |
| 23:00 | 1196   | 1638   | 575    | 968    | 959    | 1984   | 718    | 288    | 5044   | 553   | 1561 | 15484 |