

# ISO Load Forecast

[03/17/2025](#)
[03/18/2025](#)
[03/19/2025](#)
[03/20/2025](#)
[03/21/2025](#)
[03/22/2025](#)
[03/17/2025](#)

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1036   | 1321   | 512    | 834    | 838    | 1636   | 619    | 204    | 4397   | 569   | 1472 | 13438 |
| 01:00 | 1015   | 1309   | 488    | 822    | 809    | 1557   | 607    | 196    | 4222   | 571   | 1460 | 13056 |
| 02:00 | 1003   | 1309   | 467    | 818    | 790    | 1510   | 603    | 191    | 4102   | 571   | 1450 | 12814 |
| 03:00 | 1007   | 1305   | 460    | 834    | 783    | 1491   | 606    | 188    | 4041   | 572   | 1458 | 12745 |
| 04:00 | 1033   | 1348   | 461    | 863    | 792    | 1520   | 633    | 193    | 4076   | 573   | 1487 | 12979 |
| 05:00 | 1098   | 1443   | 493    | 926    | 833    | 1629   | 693    | 209    | 4290   | 587   | 1560 | 13761 |
| 06:00 | 1205   | 1617   | 550    | 1025   | 910    | 1810   | 779    | 235    | 4742   | 606   | 1676 | 15155 |
| 07:00 | 1284   | 1739   | 605    | 1099   | 976    | 1959   | 832    | 256    | 5166   | 624   | 1757 | 16297 |
| 08:00 | 1287   | 1767   | 627    | 1111   | 998    | 2038   | 810    | 260    | 5444   | 625   | 1794 | 16761 |
| 09:00 | 1231   | 1673   | 637    | 1062   | 976    | 2073   | 737    | 260    | 5587   | 626   | 1783 | 16645 |
| 10:00 | 1207   | 1612   | 625    | 1029   | 943    | 2090   | 689    | 250    | 5625   | 624   | 1745 | 16439 |
| 11:00 | 1201   | 1587   | 616    | 993    | 916    | 2040   | 663    | 246    | 5621   | 624   | 1707 | 16214 |
| 12:00 | 1181   | 1551   | 605    | 957    | 904    | 2004   | 644    | 239    | 5587   | 621   | 1675 | 15968 |
| 13:00 | 1153   | 1518   | 598    | 926    | 870    | 1971   | 628    | 236    | 5576   | 620   | 1635 | 15731 |
| 14:00 | 1140   | 1478   | 589    | 882    | 841    | 1921   | 615    | 231    | 5531   | 616   | 1597 | 15441 |
| 15:00 | 1144   | 1443   | 592    | 852    | 834    | 1900   | 610    | 232    | 5531   | 617   | 1565 | 15320 |
| 16:00 | 1188   | 1454   | 603    | 862    | 879    | 1945   | 645    | 242    | 5576   | 625   | 1579 | 15598 |
| 17:00 | 1298   | 1576   | 622    | 957    | 971    | 2062   | 750    | 265    | 5615   | 640   | 1646 | 16402 |
| 18:00 | 1386   | 1732   | 645    | 1073   | 1056   | 2186   | 851    | 289    | 5585   | 647   | 1715 | 17165 |
| 19:00 | 1432   | 1805   | 662    | 1137   | 1113   | 2298   | 897    | 305    | 5600   | 656   | 1764 | 17669 |
| 20:00 | 1395   | 1790   | 648    | 1138   | 1099   | 2247   | 885    | 298    | 5477   | 659   | 1786 | 17422 |
| 21:00 | 1331   | 1724   | 624    | 1093   | 1059   | 2145   | 850    | 281    | 5299   | 647   | 1760 | 16813 |
| 22:00 | 1244   | 1638   | 588    | 1026   | 993    | 2006   | 801    | 261    | 5020   | 636   | 1702 | 15915 |
| 23:00 | 1178   | 1568   | 547    | 970    | 935    | 1855   | 759    | 238    | 4721   | 626   | 1646 | 15043 |

03/18/2025

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1136   | 1515   | 522    | 943    | 891    | 1736   | 731    | 235    | 4438   | 624   | 1612 | 14383 |
| 01:00 | 1118   | 1497   | 501    | 923    | 866    | 1662   | 716    | 229    | 4265   | 625   | 1590 | 13992 |
| 02:00 | 1111   | 1492   | 485    | 915    | 853    | 1621   | 712    | 226    | 4155   | 625   | 1569 | 13764 |
| 03:00 | 1121   | 1479   | 478    | 926    | 852    | 1605   | 715    | 225    | 4106   | 626   | 1565 | 13698 |
| 04:00 | 1154   | 1519   | 481    | 952    | 867    | 1644   | 740    | 234    | 4152   | 631   | 1588 | 13962 |
| 05:00 | 1227   | 1607   | 514    | 1009   | 918    | 1769   | 797    | 255    | 4382   | 641   | 1651 | 14770 |
| 06:00 | 1345   | 1779   | 576    | 1101   | 1010   | 1950   | 886    | 287    | 4847   | 656   | 1758 | 16195 |
| 07:00 | 1393   | 1847   | 621    | 1143   | 1056   | 2057   | 904    | 304    | 5253   | 668   | 1809 | 17055 |
| 08:00 | 1288   | 1694   | 627    | 1063   | 999    | 2011   | 782    | 291    | 5485   | 650   | 1785 | 16675 |
| 09:00 | 1090   | 1395   | 612    | 897    | 853    | 1862   | 606    | 267    | 5543   | 631   | 1692 | 15448 |
| 10:00 | 953    | 1205   | 584    | 803    | 719    | 1701   | 494    | 241    | 5503   | 614   | 1601 | 14418 |
| 11:00 | 867    | 1123   | 558    | 748    | 639    | 1564   | 437    | 220    | 5444   | 603   | 1542 | 13745 |
| 12:00 | 803    | 1055   | 539    | 715    | 591    | 1470   | 405    | 205    | 5395   | 598   | 1507 | 13283 |
| 13:00 | 759    | 1015   | 527    | 696    | 548    | 1420   | 384    | 196    | 5353   | 591   | 1478 | 12967 |
| 14:00 | 735    | 987    | 522    | 662    | 535    | 1438   | 368    | 195    | 5311   | 585   | 1454 | 12792 |
| 15:00 | 765    | 978    | 534    | 654    | 563    | 1517   | 376    | 201    | 5338   | 581   | 1443 | 12950 |
| 16:00 | 877    | 1066   | 554    | 699    | 672    | 1666   | 443    | 219    | 5409   | 584   | 1486 | 13675 |
| 17:00 | 1095   | 1304   | 579    | 835    | 844    | 1863   | 616    | 247    | 5476   | 607   | 1565 | 15031 |
| 18:00 | 1271   | 1540   | 601    | 975    | 984    | 2047   | 769    | 276    | 5431   | 626   | 1640 | 16160 |
| 19:00 | 1352   | 1645   | 626    | 1047   | 1060   | 2190   | 839    | 294    | 5477   | 644   | 1691 | 16865 |
| 20:00 | 1344   | 1642   | 618    | 1058   | 1063   | 2179   | 836    | 289    | 5384   | 649   | 1712 | 16774 |
| 21:00 | 1290   | 1587   | 598    | 1020   | 1030   | 2088   | 803    | 275    | 5216   | 636   | 1683 | 16226 |
| 22:00 | 1205   | 1506   | 563    | 960    | 966    | 1952   | 756    | 254    | 4940   | 626   | 1626 | 15354 |
| 23:00 | 1136   | 1438   | 522    | 910    | 905    | 1801   | 713    | 230    | 4632   | 616   | 1571 | 14474 |

03/19/2025

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1092   | 1376   | 495    | 873    | 857    | 1673   | 681    | 225    | 4367   | 614   | 1522 | 13775 |
| 01:00 | 1076   | 1366   | 473    | 854    | 832    | 1600   | 665    | 220    | 4195   | 616   | 1496 | 13393 |
| 02:00 | 1068   | 1367   | 458    | 845    | 818    | 1562   | 659    | 216    | 4082   | 615   | 1478 | 13168 |
| 03:00 | 1077   | 1356   | 451    | 857    | 817    | 1551   | 663    | 215    | 4034   | 613   | 1476 | 13110 |
| 04:00 | 1104   | 1387   | 454    | 882    | 831    | 1590   | 685    | 222    | 4074   | 621   | 1494 | 13344 |
| 05:00 | 1174   | 1476   | 488    | 938    | 881    | 1713   | 740    | 244    | 4297   | 631   | 1562 | 14144 |
| 06:00 | 1291   | 1637   | 549    | 1030   | 975    | 1900   | 824    | 275    | 4769   | 645   | 1669 | 15564 |
| 07:00 | 1327   | 1701   | 597    | 1079   | 1018   | 1999   | 854    | 292    | 5162   | 658   | 1725 | 16412 |
| 08:00 | 1207   | 1589   | 599    | 1032   | 955    | 1917   | 749    | 277    | 5385   | 641   | 1718 | 16069 |
| 09:00 | 1023   | 1358   | 583    | 912    | 810    | 1750   | 601    | 253    | 5446   | 620   | 1652 | 15008 |
| 10:00 | 905    | 1221   | 556    | 841    | 691    | 1593   | 512    | 229    | 5413   | 608   | 1582 | 14151 |
| 11:00 | 831    | 1174   | 537    | 802    | 632    | 1480   | 469    | 213    | 5369   | 603   | 1540 | 13650 |
| 12:00 | 792    | 1137   | 526    | 785    | 605    | 1414   | 447    | 205    | 5323   | 598   | 1513 | 13345 |
| 13:00 | 776    | 1115   | 516    | 775    | 586    | 1392   | 439    | 200    | 5286   | 592   | 1494 | 13171 |
| 14:00 | 782    | 1109   | 516    | 752    | 604    | 1426   | 430    | 204    | 5270   | 585   | 1472 | 13150 |
| 15:00 | 832    | 1116   | 531    | 750    | 657    | 1530   | 444    | 214    | 5311   | 585   | 1457 | 13427 |
| 16:00 | 942    | 1178   | 548    | 776    | 758    | 1685   | 504    | 230    | 5387   | 596   | 1488 | 14092 |
| 17:00 | 1134   | 1356   | 572    | 876    | 894    | 1887   | 647    | 257    | 5450   | 616   | 1566 | 15255 |
| 18:00 | 1279   | 1532   | 600    | 981    | 998    | 2065   | 770    | 282    | 5446   | 626   | 1631 | 16210 |
| 19:00 | 1329   | 1609   | 619    | 1039   | 1050   | 2196   | 813    | 294    | 5470   | 635   | 1671 | 16725 |
| 20:00 | 1307   | 1591   | 608    | 1037   | 1041   | 2173   | 801    | 289    | 5361   | 638   | 1685 | 16531 |
| 21:00 | 1251   | 1531   | 587    | 991    | 1006   | 2084   | 763    | 275    | 5190   | 626   | 1656 | 15960 |
| 22:00 | 1171   | 1456   | 554    | 932    | 942    | 1948   | 717    | 254    | 4914   | 613   | 1598 | 15099 |
| 23:00 | 1104   | 1394   | 514    | 883    | 882    | 1802   | 676    | 231    | 4614   | 603   | 1536 | 14239 |

03/20/2025

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1050   | 1344   | 485    | 846    | 831    | 1668   | 650    | 223    | 4342   | 597   | 1494 | 13530 |
| 01:00 | 1031   | 1319   | 462    | 825    | 805    | 1592   | 632    | 214    | 4163   | 596   | 1467 | 13106 |
| 02:00 | 1021   | 1306   | 446    | 812    | 789    | 1549   | 626    | 210    | 4047   | 594   | 1444 | 12844 |
| 03:00 | 1023   | 1298   | 439    | 820    | 785    | 1532   | 627    | 207    | 3994   | 595   | 1439 | 12759 |
| 04:00 | 1050   | 1329   | 442    | 842    | 797    | 1563   | 646    | 213    | 4031   | 599   | 1458 | 12970 |
| 05:00 | 1117   | 1416   | 476    | 894    | 843    | 1676   | 698    | 232    | 4248   | 611   | 1524 | 13735 |
| 06:00 | 1228   | 1574   | 536    | 984    | 932    | 1843   | 780    | 263    | 4701   | 629   | 1640 | 15110 |
| 07:00 | 1285   | 1662   | 586    | 1043   | 985    | 1965   | 817    | 282    | 5106   | 640   | 1715 | 16086 |
| 08:00 | 1227   | 1609   | 600    | 1012   | 981    | 1998   | 752    | 280    | 5363   | 632   | 1722 | 16176 |
| 09:00 | 1111   | 1464   | 602    | 922    | 925    | 1960   | 649    | 268    | 5474   | 618   | 1684 | 15677 |
| 10:00 | 1037   | 1362   | 591    | 863    | 878    | 1903   | 589    | 253    | 5493   | 612   | 1648 | 15229 |
| 11:00 | 1000   | 1333   | 583    | 835    | 851    | 1847   | 569    | 244    | 5494   | 608   | 1635 | 14999 |
| 12:00 | 963    | 1306   | 576    | 820    | 826    | 1774   | 553    | 239    | 5471   | 604   | 1637 | 14769 |
| 13:00 | 936    | 1285   | 569    | 822    | 797    | 1735   | 549    | 237    | 5468   | 603   | 1640 | 14641 |
| 14:00 | 925    | 1255   | 559    | 815    | 780    | 1686   | 545    | 235    | 5419   | 601   | 1630 | 14450 |
| 15:00 | 959    | 1251   | 567    | 821    | 811    | 1715   | 556    | 240    | 5443   | 605   | 1621 | 14589 |
| 16:00 | 1034   | 1300   | 578    | 851    | 867    | 1817   | 599    | 249    | 5491   | 613   | 1652 | 15051 |
| 17:00 | 1176   | 1453   | 591    | 943    | 940    | 1953   | 700    | 268    | 5519   | 624   | 1708 | 15875 |
| 18:00 | 1277   | 1591   | 608    | 1030   | 999    | 2082   | 789    | 287    | 5457   | 630   | 1751 | 16501 |
| 19:00 | 1317   | 1662   | 623    | 1075   | 1043   | 2183   | 824    | 298    | 5456   | 643   | 1776 | 16900 |
| 20:00 | 1291   | 1645   | 606    | 1069   | 1035   | 2150   | 815    | 290    | 5324   | 639   | 1777 | 16641 |
| 21:00 | 1236   | 1595   | 584    | 1026   | 999    | 2061   | 782    | 275    | 5144   | 628   | 1748 | 16078 |
| 22:00 | 1159   | 1520   | 551    | 969    | 936    | 1926   | 740    | 254    | 4868   | 617   | 1692 | 15232 |
| 23:00 | 1093   | 1458   | 510    | 919    | 877    | 1781   | 700    | 228    | 4585   | 610   | 1636 | 14397 |

03/21/2025

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1052   | 1426   | 480    | 896    | 837    | 1665   | 681    | 223    | 4357   | 609   | 1601 | 13827 |
| 01:00 | 1038   | 1422   | 462    | 882    | 819    | 1598   | 674    | 216    | 4199   | 614   | 1579 | 13503 |
| 02:00 | 1034   | 1428   | 450    | 876    | 807    | 1563   | 674    | 213    | 4095   | 619   | 1561 | 13320 |
| 03:00 | 1048   | 1437   | 445    | 892    | 805    | 1553   | 682    | 211    | 4055   | 624   | 1562 | 13314 |
| 04:00 | 1080   | 1486   | 449    | 919    | 822    | 1596   | 711    | 218    | 4108   | 630   | 1585 | 13604 |
| 05:00 | 1151   | 1588   | 484    | 979    | 875    | 1720   | 774    | 239    | 4343   | 643   | 1655 | 14451 |
| 06:00 | 1270   | 1758   | 541    | 1076   | 965    | 1906   | 859    | 270    | 4795   | 660   | 1769 | 15869 |
| 07:00 | 1341   | 1861   | 590    | 1135   | 1016   | 2035   | 901    | 291    | 5213   | 683   | 1836 | 16902 |
| 08:00 | 1309   | 1814   | 603    | 1088   | 984    | 2029   | 838    | 286    | 5475   | 681   | 1835 | 16942 |
| 09:00 | 1202   | 1622   | 599    | 954    | 874    | 1942   | 714    | 272    | 5592   | 669   | 1779 | 16219 |
| 10:00 | 1128   | 1453   | 578    | 868    | 770    | 1827   | 624    | 251    | 5604   | 663   | 1708 | 15474 |
| 11:00 | 1073   | 1372   | 563    | 824    | 716    | 1713   | 569    | 241    | 5574   | 659   | 1660 | 14964 |
| 12:00 | 1014   | 1300   | 549    | 797    | 670    | 1610   | 533    | 232    | 5529   | 655   | 1624 | 14513 |
| 13:00 | 968    | 1230   | 539    | 775    | 628    | 1552   | 504    | 225    | 5487   | 651   | 1587 | 14146 |
| 14:00 | 927    | 1176   | 533    | 741    | 605    | 1538   | 478    | 225    | 5435   | 644   | 1547 | 13849 |
| 15:00 | 917    | 1144   | 540    | 725    | 630    | 1590   | 476    | 234    | 5453   | 642   | 1515 | 13866 |
| 16:00 | 993    | 1197   | 559    | 753    | 733    | 1725   | 534    | 253    | 5525   | 649   | 1537 | 14458 |
| 17:00 | 1175   | 1407   | 586    | 864    | 900    | 1930   | 694    | 280    | 5601   | 667   | 1604 | 15708 |
| 18:00 | 1326   | 1622   | 611    | 992    | 1037   | 2119   | 828    | 306    | 5576   | 679   | 1669 | 16765 |
| 19:00 | 1382   | 1722   | 634    | 1059   | 1098   | 2252   | 890    | 319    | 5588   | 694   | 1714 | 17352 |
| 20:00 | 1374   | 1716   | 626    | 1070   | 1101   | 2240   | 887    | 318    | 5481   | 699   | 1750 | 17262 |
| 21:00 | 1340   | 1675   | 611    | 1042   | 1085   | 2185   | 863    | 309    | 5335   | 686   | 1743 | 16874 |
| 22:00 | 1279   | 1608   | 587    | 992    | 1037   | 2085   | 827    | 296    | 5109   | 678   | 1701 | 16199 |
| 23:00 | 1221   | 1553   | 552    | 943    | 989    | 1962   | 788    | 275    | 4859   | 667   | 1646 | 15455 |

03/22/2025

| Hour  | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1175   | 1501   | 527    | 916    | 956    | 1854   | 778    | 275    | 4638   | 676   | 1607 | 14903 |
| 01:00 | 1150   | 1475   | 511    | 896    | 929    | 1779   | 761    | 268    | 4468   | 677   | 1582 | 14496 |
| 02:00 | 1135   | 1477   | 495    | 878    | 913    | 1729   | 748    | 262    | 4342   | 676   | 1562 | 14217 |
| 03:00 | 1138   | 1471   | 486    | 887    | 909    | 1716   | 751    | 260    | 4298   | 674   | 1553 | 14143 |
| 04:00 | 1152   | 1488   | 483    | 895    | 911    | 1726   | 752    | 261    | 4283   | 672   | 1562 | 14185 |
| 05:00 | 1180   | 1545   | 493    | 921    | 929    | 1770   | 776    | 270    | 4346   | 684   | 1579 | 14493 |
| 06:00 | 1233   | 1614   | 512    | 967    | 973    | 1856   | 819    | 286    | 4470   | 690   | 1615 | 15035 |
| 07:00 | 1260   | 1650   | 532    | 1011   | 1011   | 1905   | 832    | 300    | 4636   | 700   | 1665 | 15502 |
| 08:00 | 1162   | 1558   | 546    | 977    | 961    | 1880   | 733    | 302    | 4797   | 696   | 1663 | 15275 |
| 09:00 | 1034   | 1427   | 543    | 908    | 825    | 1761   | 615    | 293    | 4893   | 685   | 1629 | 14613 |
| 10:00 | 973    | 1346   | 530    | 847    | 721    | 1657   | 556    | 273    | 4956   | 669   | 1579 | 14107 |
| 11:00 | 953    | 1299   | 517    | 826    | 690    | 1553   | 527    | 259    | 4944   | 656   | 1551 | 13775 |
| 12:00 | 910    | 1263   | 508    | 809    | 698    | 1504   | 488    | 255    | 4931   | 645   | 1511 | 13522 |
| 13:00 | 868    | 1197   | 501    | 780    | 664    | 1481   | 471    | 252    | 4868   | 635   | 1470 | 13187 |
| 14:00 | 859    | 1181   | 501    | 759    | 660    | 1491   | 476    | 244    | 4832   | 627   | 1440 | 13070 |
| 15:00 | 873    | 1168   | 505    | 758    | 688    | 1565   | 487    | 246    | 4840   | 626   | 1441 | 13197 |
| 16:00 | 964    | 1259   | 515    | 773    | 770    | 1699   | 548    | 254    | 4881   | 635   | 1475 | 13773 |
| 17:00 | 1116   | 1462   | 540    | 886    | 897    | 1855   | 691    | 277    | 4962   | 656   | 1552 | 14894 |
| 18:00 | 1237   | 1605   | 558    | 977    | 992    | 1984   | 798    | 295    | 5032   | 670   | 1607 | 15755 |
| 19:00 | 1292   | 1669   | 584    | 1021   | 1048   | 2110   | 849    | 305    | 5127   | 679   | 1662 | 16346 |
| 20:00 | 1288   | 1656   | 585    | 1029   | 1050   | 2114   | 849    | 305    | 5110   | 683   | 1695 | 16364 |
| 21:00 | 1248   | 1623   | 572    | 1003   | 1030   | 2071   | 826    | 294    | 5033   | 674   | 1677 | 16051 |
| 22:00 | 1192   | 1570   | 553    | 963    | 987    | 1986   | 785    | 283    | 4887   | 668   | 1637 | 15511 |
| 23:00 | 1137   | 1520   | 526    | 919    | 938    | 1882   | 749    | 265    | 4699   | 661   | 1588 | 14884 |