

ISO Load Forecast

[03/23/2025](#)
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| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1079 | 1511 | 537 | 929 | 902 | 1780 | 770 | 240 | 4462 | 603 | 1602 | 14415 |
| 01:00 | 1062 | 1492 | 519 | 914 | 883 | 1715 | 762 | 236 | 4313 | 608 | 1582 | 14086 |
| 02:00 | 1056 | 1497 | 504 | 901 | 874 | 1676 | 753 | 233 | 4202 | 612 | 1564 | 13872 |
| 03:00 | 1068 | 1499 | 500 | 909 | 876 | 1676 | 766 | 237 | 4180 | 616 | 1561 | 13888 |
| 04:00 | 1087 | 1517 | 500 | 913 | 883 | 1684 | 770 | 241 | 4161 | 620 | 1566 | 13942 |
| 05:00 | 1116 | 1569 | 511 | 930 | 903 | 1722 | 794 | 251 | 4220 | 632 | 1576 | 14224 |
| 06:00 | 1162 | 1623 | 534 | 960 | 943 | 1800 | 827 | 267 | 4340 | 641 | 1596 | 14693 |
| 07:00 | 1165 | 1633 | 546 | 976 | 959 | 1803 | 828 | 277 | 4455 | 649 | 1624 | 14915 |
| 08:00 | 1067 | 1505 | 544 | 915 | 883 | 1735 | 720 | 273 | 4566 | 644 | 1602 | 14454 |
| 09:00 | 933 | 1326 | 537 | 820 | 738 | 1619 | 592 | 261 | 4656 | 634 | 1543 | 13659 |
| 10:00 | 861 | 1187 | 524 | 753 | 631 | 1512 | 519 | 243 | 4731 | 623 | 1496 | 13080 |
| 11:00 | 847 | 1106 | 513 | 735 | 576 | 1409 | 479 | 231 | 4750 | 620 | 1469 | 12735 |
| 12:00 | 816 | 1079 | 506 | 720 | 559 | 1354 | 432 | 225 | 4753 | 610 | 1447 | 12501 |
| 13:00 | 778 | 1041 | 502 | 691 | 538 | 1332 | 415 | 220 | 4749 | 600 | 1432 | 12298 |
| 14:00 | 764 | 1017 | 501 | 699 | 542 | 1330 | 417 | 212 | 4736 | 591 | 1422 | 12231 |
| 15:00 | 795 | 1039 | 507 | 710 | 585 | 1424 | 431 | 215 | 4769 | 590 | 1417 | 12482 |
| 16:00 | 907 | 1162 | 526 | 750 | 695 | 1569 | 507 | 229 | 4834 | 599 | 1452 | 13230 |
| 17:00 | 1101 | 1420 | 560 | 871 | 872 | 1780 | 690 | 260 | 4943 | 625 | 1539 | 14661 |
| 18:00 | 1267 | 1638 | 586 | 986 | 1010 | 1979 | 845 | 285 | 5051 | 647 | 1617 | 15911 |
| 19:00 | 1362 | 1754 | 627 | 1064 | 1096 | 2170 | 915 | 305 | 5219 | 665 | 1689 | 16866 |
| 20:00 | 1364 | 1750 | 639 | 1084 | 1100 | 2209 | 917 | 309 | 5243 | 668 | 1730 | 17013 |
| 21:00 | 1300 | 1691 | 620 | 1046 | 1059 | 2144 | 884 | 295 | 5150 | 658 | 1701 | 16548 |
| 22:00 | 1218 | 1615 | 588 | 995 | 1002 | 2023 | 835 | 275 | 4943 | 649 | 1651 | 15794 |
| 23:00 | 1150 | 1552 | 553 | 944 | 944 | 1890 | 792 | 254 | 4674 | 643 | 1595 | 14991 |

03/24/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1117 | 1473 | 532 | 902 | 905 | 1765 | 774 | 241 | 4451 | 622 | 1555 | 14337 |
| 01:00 | 1095 | 1464 | 506 | 885 | 882 | 1688 | 754 | 237 | 4301 | 622 | 1533 | 13967 |
| 02:00 | 1085 | 1445 | 487 | 872 | 869 | 1649 | 749 | 232 | 4202 | 619 | 1514 | 13723 |
| 03:00 | 1090 | 1435 | 479 | 884 | 866 | 1632 | 753 | 231 | 4155 | 618 | 1513 | 13656 |
| 04:00 | 1116 | 1477 | 486 | 910 | 881 | 1669 | 767 | 239 | 4198 | 620 | 1530 | 13893 |
| 05:00 | 1185 | 1571 | 524 | 970 | 932 | 1788 | 818 | 259 | 4425 | 635 | 1580 | 14687 |
| 06:00 | 1300 | 1716 | 593 | 1059 | 1022 | 1985 | 894 | 295 | 4871 | 656 | 1672 | 16063 |
| 07:00 | 1375 | 1801 | 646 | 1111 | 1085 | 2132 | 933 | 315 | 5291 | 670 | 1736 | 17095 |
| 08:00 | 1361 | 1774 | 656 | 1085 | 1100 | 2163 | 886 | 307 | 5546 | 663 | 1741 | 17282 |
| 09:00 | 1298 | 1648 | 659 | 986 | 1073 | 2149 | 809 | 303 | 5690 | 654 | 1709 | 16978 |
| 10:00 | 1267 | 1551 | 655 | 948 | 1048 | 2148 | 759 | 296 | 5732 | 643 | 1692 | 16739 |
| 11:00 | 1237 | 1500 | 652 | 912 | 1018 | 2130 | 723 | 292 | 5752 | 636 | 1661 | 16513 |
| 12:00 | 1189 | 1429 | 644 | 878 | 991 | 2096 | 704 | 286 | 5735 | 630 | 1614 | 16196 |
| 13:00 | 1154 | 1369 | 635 | 845 | 968 | 2042 | 666 | 275 | 5699 | 623 | 1595 | 15871 |
| 14:00 | 1135 | 1322 | 624 | 823 | 937 | 1998 | 644 | 266 | 5628 | 618 | 1576 | 15571 |
| 15:00 | 1126 | 1324 | 619 | 819 | 922 | 1987 | 639 | 263 | 5591 | 617 | 1568 | 15475 |
| 16:00 | 1159 | 1396 | 620 | 839 | 940 | 2022 | 666 | 264 | 5597 | 622 | 1588 | 15713 |
| 17:00 | 1237 | 1543 | 630 | 919 | 989 | 2097 | 764 | 274 | 5621 | 634 | 1664 | 16372 |
| 18:00 | 1328 | 1653 | 642 | 1020 | 1047 | 2194 | 857 | 289 | 5546 | 639 | 1731 | 16946 |
| 19:00 | 1380 | 1730 | 658 | 1093 | 1100 | 2290 | 909 | 307 | 5555 | 646 | 1783 | 17451 |
| 20:00 | 1357 | 1724 | 651 | 1092 | 1097 | 2263 | 908 | 304 | 5445 | 646 | 1785 | 17272 |
| 21:00 | 1297 | 1656 | 630 | 1046 | 1056 | 2155 | 870 | 286 | 5265 | 636 | 1747 | 16644 |
| 22:00 | 1218 | 1551 | 590 | 989 | 995 | 2014 | 815 | 266 | 4997 | 623 | 1694 | 15752 |
| 23:00 | 1153 | 1482 | 547 | 936 | 934 | 1864 | 769 | 242 | 4683 | 614 | 1633 | 14857 |

03/25/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1107 | 1432 | 511 | 904 | 882 | 1717 | 752 | 233 | 4384 | 614 | 1597 | 14133 |
| 01:00 | 1085 | 1427 | 485 | 885 | 859 | 1638 | 735 | 228 | 4210 | 614 | 1571 | 13737 |
| 02:00 | 1075 | 1410 | 470 | 872 | 846 | 1600 | 732 | 222 | 4100 | 613 | 1551 | 13491 |
| 03:00 | 1080 | 1408 | 462 | 885 | 845 | 1584 | 740 | 222 | 4054 | 614 | 1547 | 13441 |
| 04:00 | 1108 | 1455 | 470 | 914 | 861 | 1625 | 756 | 231 | 4093 | 620 | 1569 | 13702 |
| 05:00 | 1177 | 1556 | 507 | 975 | 914 | 1747 | 810 | 251 | 4323 | 631 | 1624 | 14515 |
| 06:00 | 1297 | 1706 | 578 | 1069 | 1007 | 1935 | 890 | 289 | 4794 | 651 | 1715 | 15931 |
| 07:00 | 1351 | 1782 | 623 | 1118 | 1054 | 2042 | 923 | 305 | 5210 | 666 | 1776 | 16850 |
| 08:00 | 1290 | 1748 | 622 | 1094 | 1012 | 1982 | 852 | 288 | 5420 | 658 | 1781 | 16747 |
| 09:00 | 1179 | 1642 | 606 | 1013 | 918 | 1848 | 758 | 270 | 5503 | 646 | 1768 | 16151 |
| 10:00 | 1120 | 1571 | 584 | 999 | 847 | 1724 | 710 | 252 | 5481 | 636 | 1763 | 15687 |
| 11:00 | 1088 | 1555 | 570 | 990 | 809 | 1627 | 687 | 241 | 5455 | 631 | 1744 | 15397 |
| 12:00 | 1054 | 1527 | 561 | 970 | 785 | 1566 | 685 | 234 | 5443 | 629 | 1719 | 15173 |
| 13:00 | 1029 | 1502 | 557 | 951 | 765 | 1529 | 669 | 224 | 5422 | 626 | 1716 | 14990 |
| 14:00 | 1031 | 1473 | 556 | 923 | 766 | 1560 | 661 | 225 | 5400 | 623 | 1681 | 14899 |
| 15:00 | 1047 | 1457 | 561 | 920 | 783 | 1642 | 663 | 230 | 5421 | 622 | 1652 | 14998 |
| 16:00 | 1108 | 1512 | 574 | 935 | 843 | 1775 | 695 | 243 | 5464 | 626 | 1654 | 15429 |
| 17:00 | 1226 | 1638 | 602 | 993 | 955 | 1942 | 800 | 264 | 5532 | 640 | 1703 | 16295 |
| 18:00 | 1337 | 1721 | 630 | 1070 | 1053 | 2120 | 893 | 290 | 5501 | 647 | 1758 | 17020 |
| 19:00 | 1389 | 1784 | 651 | 1124 | 1112 | 2241 | 949 | 309 | 5534 | 659 | 1809 | 17561 |
| 20:00 | 1371 | 1771 | 642 | 1122 | 1107 | 2225 | 943 | 306 | 5436 | 661 | 1816 | 17400 |
| 21:00 | 1311 | 1703 | 624 | 1079 | 1068 | 2129 | 904 | 291 | 5266 | 647 | 1785 | 16807 |
| 22:00 | 1232 | 1595 | 586 | 1019 | 1008 | 1992 | 845 | 271 | 5006 | 638 | 1730 | 15922 |
| 23:00 | 1168 | 1525 | 543 | 963 | 949 | 1846 | 800 | 249 | 4696 | 628 | 1667 | 15034 |

03/26/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1119 | 1492 | 506 | 935 | 898 | 1702 | 771 | 243 | 4408 | 632 | 1635 | 14341 |
| 01:00 | 1096 | 1493 | 485 | 918 | 876 | 1632 | 754 | 240 | 4242 | 634 | 1609 | 13979 |
| 02:00 | 1088 | 1473 | 470 | 906 | 863 | 1600 | 751 | 235 | 4134 | 634 | 1588 | 13742 |
| 03:00 | 1096 | 1469 | 462 | 919 | 862 | 1589 | 761 | 235 | 4093 | 633 | 1583 | 13702 |
| 04:00 | 1124 | 1502 | 470 | 947 | 879 | 1632 | 778 | 244 | 4135 | 640 | 1597 | 13948 |
| 05:00 | 1194 | 1601 | 507 | 1005 | 933 | 1757 | 836 | 265 | 4367 | 652 | 1653 | 14770 |
| 06:00 | 1315 | 1748 | 575 | 1096 | 1026 | 1946 | 919 | 302 | 4826 | 671 | 1738 | 16162 |
| 07:00 | 1371 | 1810 | 622 | 1141 | 1080 | 2066 | 947 | 321 | 5256 | 688 | 1788 | 17090 |
| 08:00 | 1305 | 1752 | 625 | 1114 | 1040 | 2040 | 864 | 305 | 5495 | 678 | 1786 | 17004 |
| 09:00 | 1184 | 1607 | 612 | 1020 | 930 | 1943 | 763 | 288 | 5585 | 662 | 1758 | 16352 |
| 10:00 | 1126 | 1509 | 589 | 994 | 838 | 1846 | 704 | 270 | 5557 | 652 | 1743 | 15828 |
| 11:00 | 1092 | 1483 | 573 | 969 | 788 | 1733 | 670 | 256 | 5512 | 648 | 1717 | 15441 |
| 12:00 | 1049 | 1458 | 564 | 941 | 756 | 1631 | 658 | 250 | 5477 | 643 | 1681 | 15108 |
| 13:00 | 1025 | 1435 | 554 | 914 | 737 | 1561 | 642 | 241 | 5443 | 639 | 1666 | 14857 |
| 14:00 | 1022 | 1406 | 554 | 879 | 738 | 1533 | 639 | 240 | 5421 | 635 | 1625 | 14692 |
| 15:00 | 1032 | 1394 | 561 | 865 | 760 | 1597 | 637 | 246 | 5439 | 636 | 1596 | 14763 |
| 16:00 | 1093 | 1461 | 578 | 878 | 830 | 1744 | 670 | 257 | 5492 | 648 | 1604 | 15255 |
| 17:00 | 1216 | 1611 | 610 | 955 | 955 | 1943 | 789 | 281 | 5580 | 665 | 1672 | 16277 |
| 18:00 | 1338 | 1720 | 640 | 1058 | 1061 | 2144 | 894 | 307 | 5577 | 674 | 1740 | 17153 |
| 19:00 | 1390 | 1796 | 652 | 1126 | 1119 | 2268 | 950 | 324 | 5579 | 680 | 1794 | 17678 |
| 20:00 | 1371 | 1793 | 642 | 1128 | 1112 | 2254 | 950 | 320 | 5471 | 681 | 1807 | 17529 |
| 21:00 | 1313 | 1723 | 622 | 1084 | 1073 | 2158 | 912 | 303 | 5302 | 671 | 1778 | 16939 |
| 22:00 | 1233 | 1621 | 586 | 1024 | 1014 | 2018 | 855 | 282 | 5044 | 658 | 1725 | 16060 |
| 23:00 | 1171 | 1548 | 545 | 968 | 955 | 1874 | 812 | 258 | 4738 | 647 | 1660 | 15176 |

03/27/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1136 | 1511 | 516 | 944 | 914 | 1752 | 789 | 253 | 4473 | 643 | 1637 | 14568 |
| 01:00 | 1117 | 1515 | 492 | 927 | 895 | 1682 | 772 | 249 | 4314 | 647 | 1614 | 14224 |
| 02:00 | 1108 | 1495 | 478 | 915 | 883 | 1649 | 770 | 245 | 4208 | 648 | 1595 | 13994 |
| 03:00 | 1116 | 1498 | 470 | 929 | 883 | 1641 | 782 | 244 | 4170 | 649 | 1592 | 13974 |
| 04:00 | 1148 | 1538 | 479 | 958 | 901 | 1688 | 800 | 253 | 4211 | 656 | 1613 | 14245 |
| 05:00 | 1221 | 1647 | 518 | 1019 | 957 | 1818 | 861 | 276 | 4443 | 668 | 1670 | 15098 |
| 06:00 | 1342 | 1810 | 589 | 1114 | 1052 | 2010 | 945 | 317 | 4887 | 688 | 1758 | 16512 |
| 07:00 | 1371 | 1853 | 633 | 1151 | 1087 | 2108 | 957 | 332 | 5303 | 698 | 1806 | 17299 |
| 08:00 | 1239 | 1721 | 625 | 1083 | 997 | 2019 | 836 | 307 | 5517 | 682 | 1790 | 16816 |
| 09:00 | 1072 | 1540 | 601 | 955 | 849 | 1854 | 708 | 281 | 5593 | 662 | 1738 | 15853 |
| 10:00 | 991 | 1434 | 573 | 922 | 737 | 1702 | 643 | 255 | 5555 | 652 | 1713 | 15177 |
| 11:00 | 957 | 1409 | 555 | 898 | 688 | 1580 | 603 | 238 | 5508 | 646 | 1689 | 14771 |
| 12:00 | 917 | 1377 | 544 | 871 | 666 | 1490 | 604 | 231 | 5460 | 641 | 1649 | 14450 |
| 13:00 | 908 | 1357 | 538 | 857 | 669 | 1447 | 597 | 224 | 5421 | 638 | 1644 | 14300 |
| 14:00 | 916 | 1315 | 538 | 821 | 669 | 1456 | 582 | 222 | 5386 | 634 | 1601 | 14140 |
| 15:00 | 941 | 1291 | 546 | 803 | 698 | 1568 | 576 | 228 | 5396 | 637 | 1570 | 14254 |
| 16:00 | 1020 | 1373 | 564 | 823 | 777 | 1734 | 619 | 241 | 5448 | 648 | 1580 | 14827 |
| 17:00 | 1159 | 1560 | 594 | 911 | 914 | 1916 | 761 | 266 | 5533 | 663 | 1655 | 15932 |
| 18:00 | 1300 | 1693 | 623 | 1034 | 1034 | 2114 | 883 | 295 | 5520 | 671 | 1733 | 16900 |
| 19:00 | 1369 | 1785 | 642 | 1112 | 1106 | 2250 | 947 | 315 | 5540 | 682 | 1796 | 17544 |
| 20:00 | 1363 | 1792 | 634 | 1122 | 1110 | 2247 | 957 | 314 | 5443 | 681 | 1808 | 17471 |
| 21:00 | 1313 | 1728 | 617 | 1085 | 1078 | 2162 | 926 | 299 | 5282 | 672 | 1777 | 16939 |
| 22:00 | 1237 | 1627 | 583 | 1025 | 1022 | 2028 | 870 | 280 | 5040 | 659 | 1720 | 16091 |
| 23:00 | 1175 | 1558 | 544 | 968 | 962 | 1886 | 823 | 256 | 4754 | 651 | 1657 | 15234 |

03/28/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1129 | 1506 | 513 | 933 | 914 | 1752 | 786 | 249 | 4474 | 645 | 1625 | 14526 |
| 01:00 | 1106 | 1508 | 490 | 914 | 893 | 1677 | 766 | 245 | 4311 | 646 | 1597 | 14153 |
| 02:00 | 1097 | 1488 | 473 | 901 | 879 | 1640 | 761 | 240 | 4200 | 647 | 1573 | 13899 |
| 03:00 | 1105 | 1489 | 465 | 915 | 875 | 1626 | 772 | 239 | 4154 | 646 | 1567 | 13853 |
| 04:00 | 1133 | 1523 | 472 | 940 | 891 | 1667 | 787 | 247 | 4190 | 649 | 1584 | 14083 |
| 05:00 | 1200 | 1621 | 509 | 997 | 944 | 1791 | 842 | 268 | 4411 | 661 | 1633 | 14877 |
| 06:00 | 1313 | 1774 | 575 | 1083 | 1036 | 1979 | 923 | 307 | 4828 | 681 | 1714 | 16213 |
| 07:00 | 1350 | 1839 | 620 | 1125 | 1074 | 2082 | 943 | 323 | 5224 | 699 | 1769 | 17048 |
| 08:00 | 1242 | 1755 | 618 | 1078 | 1002 | 2012 | 836 | 302 | 5429 | 688 | 1762 | 16724 |
| 09:00 | 1082 | 1578 | 601 | 970 | 877 | 1882 | 711 | 283 | 5516 | 669 | 1710 | 15879 |
| 10:00 | 996 | 1450 | 579 | 939 | 776 | 1754 | 634 | 261 | 5488 | 657 | 1693 | 15227 |
| 11:00 | 940 | 1404 | 561 | 920 | 722 | 1637 | 586 | 246 | 5461 | 647 | 1678 | 14802 |
| 12:00 | 880 | 1356 | 545 | 895 | 681 | 1553 | 574 | 235 | 5431 | 639 | 1643 | 14432 |
| 13:00 | 845 | 1312 | 533 | 876 | 656 | 1499 | 557 | 222 | 5387 | 631 | 1633 | 14151 |
| 14:00 | 849 | 1279 | 529 | 851 | 651 | 1489 | 548 | 221 | 5335 | 624 | 1596 | 13972 |
| 15:00 | 889 | 1274 | 533 | 847 | 680 | 1568 | 554 | 226 | 5330 | 624 | 1571 | 14096 |
| 16:00 | 975 | 1332 | 546 | 862 | 759 | 1690 | 600 | 236 | 5363 | 632 | 1567 | 14562 |
| 17:00 | 1112 | 1494 | 569 | 907 | 888 | 1849 | 726 | 257 | 5424 | 644 | 1607 | 15477 |
| 18:00 | 1233 | 1595 | 588 | 972 | 989 | 2018 | 828 | 278 | 5373 | 651 | 1652 | 16177 |
| 19:00 | 1281 | 1656 | 606 | 1021 | 1042 | 2130 | 878 | 295 | 5359 | 659 | 1695 | 16622 |
| 20:00 | 1269 | 1648 | 600 | 1026 | 1043 | 2128 | 880 | 293 | 5252 | 663 | 1705 | 16507 |
| 21:00 | 1229 | 1586 | 585 | 996 | 1018 | 2064 | 858 | 281 | 5103 | 654 | 1674 | 16048 |
| 22:00 | 1171 | 1501 | 559 | 948 | 974 | 1962 | 810 | 267 | 4900 | 643 | 1628 | 15363 |
| 23:00 | 1122 | 1440 | 528 | 897 | 922 | 1845 | 764 | 248 | 4664 | 632 | 1564 | 14626 |