

ISO Load Forecast

06/22/2025
06/23/2025
06/24/2025
06/25/2025
06/26/2025
06/27/2025

06/22/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1322 | 1658 | 747 | 1203 | 1170 | 2515 | 790 | 324 | 6230 | 585 | 1885 | 18429 |
| 01:00 | 1273 | 1584 | 710 | 1143 | 1097 | 2345 | 755 | 303 | 5961 | 576 | 1816 | 17563 |
| 02:00 | 1236 | 1535 | 673 | 1102 | 1040 | 2219 | 732 | 287 | 5754 | 569 | 1765 | 16912 |
| 03:00 | 1215 | 1505 | 643 | 1076 | 1007 | 2131 | 715 | 274 | 5612 | 568 | 1734 | 16480 |
| 04:00 | 1203 | 1490 | 623 | 1062 | 980 | 2083 | 704 | 262 | 5518 | 569 | 1720 | 16214 |
| 05:00 | 1192 | 1480 | 615 | 1056 | 963 | 2043 | 699 | 260 | 5475 | 569 | 1700 | 16052 |
| 06:00 | 1189 | 1478 | 622 | 1043 | 956 | 2059 | 693 | 261 | 5540 | 576 | 1683 | 16100 |
| 07:00 | 1222 | 1489 | 649 | 1049 | 971 | 2210 | 696 | 279 | 5780 | 584 | 1721 | 16650 |
| 08:00 | 1293 | 1532 | 705 | 1104 | 1029 | 2457 | 725 | 312 | 6136 | 596 | 1778 | 17667 |
| 09:00 | 1351 | 1600 | 767 | 1183 | 1122 | 2690 | 742 | 352 | 6502 | 614 | 1853 | 18776 |
| 10:00 | 1414 | 1705 | 838 | 1266 | 1233 | 2960 | 762 | 406 | 6890 | 622 | 1923 | 20019 |
| 11:00 | 1491 | 1795 | 902 | 1333 | 1345 | 3206 | 765 | 451 | 7232 | 626 | 1995 | 21141 |
| 12:00 | 1568 | 1868 | 961 | 1394 | 1458 | 3407 | 778 | 469 | 7537 | 628 | 2056 | 22124 |
| 13:00 | 1614 | 1902 | 1015 | 1441 | 1565 | 3611 | 792 | 501 | 7805 | 622 | 2094 | 22962 |
| 14:00 | 1652 | 1920 | 1059 | 1464 | 1650 | 3789 | 808 | 523 | 8015 | 621 | 2144 | 23645 |
| 15:00 | 1712 | 1992 | 1107 | 1483 | 1741 | 3997 | 814 | 549 | 8241 | 625 | 2191 | 24452 |
| 16:00 | 1790 | 2111 | 1157 | 1521 | 1837 | 4170 | 860 | 583 | 8468 | 639 | 2270 | 25406 |
| 17:00 | 1908 | 2226 | 1193 | 1610 | 1931 | 4340 | 943 | 598 | 8699 | 650 | 2334 | 26432 |
| 18:00 | 1983 | 2340 | 1200 | 1705 | 1985 | 4377 | 1017 | 589 | 8778 | 659 | 2387 | 27020 |
| 19:00 | 2021 | 2442 | 1179 | 1754 | 1986 | 4274 | 1089 | 573 | 8683 | 665 | 2387 | 27053 |
| 20:00 | 2011 | 2426 | 1169 | 1728 | 1924 | 4137 | 1116 | 559 | 8645 | 667 | 2333 | 26715 |
| 21:00 | 1956 | 2366 | 1144 | 1679 | 1831 | 3992 | 1095 | 533 | 8633 | 665 | 2303 | 26197 |
| 22:00 | 1827 | 2219 | 1080 | 1571 | 1681 | 3707 | 1017 | 493 | 8416 | 646 | 2213 | 24870 |
| 23:00 | 1702 | 2064 | 1004 | 1456 | 1533 | 3386 | 942 | 450 | 8055 | 633 | 2101 | 23326 |

06/23/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1612 | 1931 | 931 | 1364 | 1392 | 3084 | 864 | 415 | 7606 | 615 | 2022 | 21836 |
| 01:00 | 1545 | 1839 | 884 | 1292 | 1300 | 2882 | 818 | 389 | 7333 | 604 | 1952 | 20838 |
| 02:00 | 1493 | 1787 | 843 | 1242 | 1229 | 2743 | 787 | 369 | 7105 | 597 | 1894 | 20089 |
| 03:00 | 1468 | 1756 | 816 | 1212 | 1183 | 2654 | 774 | 353 | 6925 | 598 | 1863 | 19602 |
| 04:00 | 1472 | 1767 | 809 | 1214 | 1165 | 2625 | 779 | 344 | 6881 | 596 | 1863 | 19515 |
| 05:00 | 1494 | 1802 | 817 | 1237 | 1165 | 2652 | 794 | 346 | 7002 | 603 | 1887 | 19799 |
| 06:00 | 1544 | 1851 | 859 | 1259 | 1199 | 2757 | 810 | 360 | 7373 | 620 | 1926 | 20558 |
| 07:00 | 1589 | 1929 | 931 | 1295 | 1263 | 2975 | 814 | 390 | 7914 | 635 | 2018 | 21753 |
| 08:00 | 1615 | 1981 | 988 | 1375 | 1335 | 3229 | 817 | 418 | 8456 | 644 | 2124 | 22982 |
| 09:00 | 1651 | 2016 | 1046 | 1466 | 1408 | 3444 | 805 | 449 | 8895 | 650 | 2208 | 24038 |
| 10:00 | 1729 | 2111 | 1104 | 1512 | 1512 | 3654 | 801 | 491 | 9244 | 657 | 2279 | 25094 |
| 11:00 | 1793 | 2153 | 1159 | 1576 | 1634 | 3885 | 789 | 532 | 9512 | 663 | 2351 | 26047 |
| 12:00 | 1845 | 2219 | 1211 | 1637 | 1740 | 4098 | 778 | 565 | 9738 | 661 | 2421 | 26913 |
| 13:00 | 1881 | 2281 | 1240 | 1698 | 1834 | 4266 | 800 | 582 | 9894 | 665 | 2475 | 27616 |
| 14:00 | 1911 | 2344 | 1265 | 1713 | 1921 | 4450 | 825 | 600 | 10013 | 663 | 2509 | 28214 |
| 15:00 | 1990 | 2436 | 1305 | 1730 | 1998 | 4637 | 857 | 623 | 10255 | 664 | 2524 | 29019 |
| 16:00 | 2080 | 2505 | 1347 | 1772 | 2072 | 4759 | 916 | 637 | 10441 | 662 | 2560 | 29751 |
| 17:00 | 2191 | 2593 | 1375 | 1798 | 2167 | 4849 | 1004 | 641 | 10501 | 670 | 2604 | 30393 |
| 18:00 | 2269 | 2679 | 1355 | 1894 | 2216 | 4802 | 1084 | 638 | 10274 | 685 | 2593 | 30489 |
| 19:00 | 2292 | 2752 | 1321 | 1919 | 2206 | 4578 | 1176 | 622 | 9995 | 697 | 2553 | 30111 |
| 20:00 | 2258 | 2712 | 1287 | 1890 | 2137 | 4319 | 1217 | 596 | 9767 | 693 | 2482 | 29358 |
| 21:00 | 2172 | 2615 | 1236 | 1831 | 2019 | 4071 | 1180 | 562 | 9552 | 690 | 2423 | 28351 |
| 22:00 | 2013 | 2430 | 1154 | 1706 | 1837 | 3719 | 1087 | 519 | 9099 | 674 | 2316 | 26554 |
| 23:00 | 1855 | 2260 | 1067 | 1570 | 1662 | 3353 | 997 | 471 | 8529 | 656 | 2185 | 24605 |

06/24/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1731 | 2043 | 993 | 1441 | 1470 | 3052 | 906 | 436 | 8033 | 650 | 2072 | 22827 |
| 01:00 | 1652 | 1929 | 939 | 1357 | 1365 | 2840 | 855 | 405 | 7682 | 634 | 1989 | 21647 |
| 02:00 | 1591 | 1867 | 890 | 1299 | 1286 | 2692 | 818 | 383 | 7411 | 626 | 1923 | 20786 |
| 03:00 | 1560 | 1825 | 856 | 1261 | 1232 | 2597 | 803 | 363 | 7198 | 629 | 1886 | 20210 |
| 04:00 | 1557 | 1825 | 840 | 1255 | 1206 | 2566 | 801 | 352 | 7126 | 629 | 1882 | 20039 |
| 05:00 | 1575 | 1850 | 843 | 1272 | 1200 | 2597 | 814 | 355 | 7237 | 632 | 1902 | 20277 |
| 06:00 | 1607 | 1892 | 885 | 1291 | 1224 | 2709 | 808 | 371 | 7638 | 640 | 1938 | 21003 |
| 07:00 | 1639 | 1951 | 956 | 1322 | 1273 | 2952 | 784 | 397 | 8189 | 647 | 2031 | 22141 |
| 08:00 | 1659 | 1991 | 1016 | 1386 | 1345 | 3239 | 776 | 425 | 8711 | 653 | 2119 | 23320 |
| 09:00 | 1686 | 2022 | 1076 | 1472 | 1423 | 3493 | 777 | 458 | 9099 | 657 | 2197 | 24360 |
| 10:00 | 1740 | 2097 | 1134 | 1518 | 1532 | 3745 | 792 | 503 | 9404 | 670 | 2266 | 25401 |
| 11:00 | 1810 | 2124 | 1191 | 1565 | 1641 | 4002 | 802 | 548 | 9634 | 679 | 2333 | 26329 |
| 12:00 | 1871 | 2180 | 1242 | 1609 | 1749 | 4209 | 808 | 583 | 9816 | 678 | 2395 | 27140 |
| 13:00 | 1929 | 2219 | 1270 | 1663 | 1843 | 4399 | 835 | 601 | 9958 | 683 | 2451 | 27851 |
| 14:00 | 1969 | 2255 | 1291 | 1681 | 1911 | 4579 | 880 | 613 | 10069 | 689 | 2483 | 28420 |
| 15:00 | 2043 | 2339 | 1323 | 1696 | 1977 | 4778 | 912 | 633 | 10276 | 687 | 2509 | 29173 |
| 16:00 | 2133 | 2417 | 1360 | 1720 | 2062 | 4939 | 972 | 646 | 10452 | 684 | 2562 | 29947 |
| 17:00 | 2246 | 2518 | 1382 | 1746 | 2160 | 5087 | 1050 | 648 | 10555 | 686 | 2592 | 30670 |
| 18:00 | 2301 | 2596 | 1359 | 1853 | 2191 | 5084 | 1108 | 640 | 10340 | 697 | 2582 | 30751 |
| 19:00 | 2312 | 2658 | 1320 | 1879 | 2164 | 4902 | 1169 | 621 | 10034 | 703 | 2534 | 30296 |
| 20:00 | 2261 | 2618 | 1281 | 1843 | 2087 | 4673 | 1188 | 592 | 9797 | 697 | 2467 | 29504 |
| 21:00 | 2166 | 2527 | 1229 | 1781 | 1969 | 4412 | 1150 | 557 | 9578 | 691 | 2411 | 28471 |
| 22:00 | 2004 | 2348 | 1150 | 1658 | 1796 | 4042 | 1060 | 513 | 9137 | 673 | 2308 | 26689 |
| 23:00 | 1846 | 2174 | 1064 | 1520 | 1626 | 3648 | 971 | 466 | 8599 | 653 | 2169 | 24736 |

06/25/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1724 | 1961 | 1000 | 1377 | 1436 | 3217 | 885 | 428 | 8131 | 631 | 2013 | 22803 |
| 01:00 | 1641 | 1851 | 946 | 1289 | 1335 | 2976 | 835 | 399 | 7761 | 624 | 1923 | 21580 |
| 02:00 | 1573 | 1791 | 897 | 1226 | 1261 | 2809 | 802 | 375 | 7475 | 618 | 1851 | 20678 |
| 03:00 | 1536 | 1743 | 858 | 1184 | 1206 | 2694 | 786 | 357 | 7250 | 611 | 1805 | 20030 |
| 04:00 | 1530 | 1745 | 839 | 1170 | 1181 | 2636 | 783 | 346 | 7155 | 611 | 1792 | 19788 |
| 05:00 | 1546 | 1775 | 840 | 1180 | 1177 | 2639 | 801 | 348 | 7255 | 610 | 1802 | 19973 |
| 06:00 | 1582 | 1827 | 880 | 1201 | 1203 | 2726 | 815 | 365 | 7667 | 615 | 1846 | 20727 |
| 07:00 | 1614 | 1885 | 947 | 1241 | 1250 | 2905 | 810 | 389 | 8189 | 619 | 1933 | 21782 |
| 08:00 | 1628 | 1907 | 1002 | 1291 | 1321 | 3140 | 805 | 412 | 8671 | 615 | 2015 | 22807 |
| 09:00 | 1638 | 1927 | 1056 | 1344 | 1385 | 3339 | 797 | 442 | 9058 | 620 | 2086 | 23692 |
| 10:00 | 1664 | 1989 | 1106 | 1359 | 1465 | 3547 | 805 | 482 | 9338 | 620 | 2146 | 24521 |
| 11:00 | 1703 | 2010 | 1157 | 1389 | 1545 | 3758 | 819 | 516 | 9541 | 626 | 2212 | 25276 |
| 12:00 | 1729 | 2067 | 1200 | 1435 | 1624 | 3940 | 842 | 544 | 9665 | 629 | 2275 | 25950 |
| 13:00 | 1772 | 2119 | 1221 | 1484 | 1699 | 4090 | 885 | 563 | 9726 | 631 | 2329 | 26519 |
| 14:00 | 1810 | 2158 | 1231 | 1509 | 1734 | 4122 | 909 | 572 | 9770 | 635 | 2352 | 26802 |
| 15:00 | 1863 | 2228 | 1253 | 1540 | 1808 | 4192 | 927 | 587 | 9751 | 640 | 2360 | 27149 |
| 16:00 | 1923 | 2282 | 1262 | 1557 | 1898 | 4218 | 974 | 596 | 9701 | 651 | 2379 | 27441 |
| 17:00 | 2000 | 2334 | 1254 | 1560 | 1978 | 4238 | 1023 | 594 | 9594 | 659 | 2387 | 27621 |
| 18:00 | 2020 | 2367 | 1214 | 1587 | 1982 | 4127 | 1061 | 577 | 9237 | 662 | 2345 | 27179 |
| 19:00 | 2001 | 2381 | 1166 | 1564 | 1926 | 3912 | 1092 | 555 | 8863 | 666 | 2291 | 26417 |
| 20:00 | 1941 | 2336 | 1107 | 1510 | 1829 | 3688 | 1091 | 521 | 8539 | 662 | 2238 | 25462 |
| 21:00 | 1862 | 2260 | 1046 | 1466 | 1720 | 3465 | 1054 | 487 | 8255 | 655 | 2202 | 24472 |
| 22:00 | 1728 | 2104 | 971 | 1365 | 1570 | 3162 | 974 | 444 | 7849 | 639 | 2110 | 22916 |
| 23:00 | 1594 | 1960 | 895 | 1258 | 1424 | 2849 | 894 | 400 | 7373 | 626 | 1993 | 21266 |

06/26/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1477 | 1785 | 836 | 1155 | 1275 | 2601 | 816 | 365 | 6960 | 610 | 1870 | 19750 |
| 01:00 | 1398 | 1685 | 788 | 1085 | 1186 | 2408 | 767 | 340 | 6650 | 600 | 1789 | 18696 |
| 02:00 | 1333 | 1627 | 745 | 1038 | 1118 | 2275 | 735 | 319 | 6425 | 594 | 1721 | 17930 |
| 03:00 | 1296 | 1584 | 712 | 1010 | 1070 | 2192 | 716 | 301 | 6254 | 591 | 1673 | 17399 |
| 04:00 | 1289 | 1585 | 696 | 1006 | 1047 | 2168 | 715 | 293 | 6207 | 590 | 1659 | 17255 |
| 05:00 | 1305 | 1611 | 703 | 1024 | 1047 | 2204 | 739 | 295 | 6356 | 598 | 1676 | 17558 |
| 06:00 | 1352 | 1665 | 745 | 1066 | 1080 | 2329 | 770 | 311 | 6802 | 611 | 1722 | 18453 |
| 07:00 | 1408 | 1745 | 810 | 1126 | 1130 | 2526 | 792 | 333 | 7303 | 616 | 1806 | 19595 |
| 08:00 | 1441 | 1770 | 854 | 1177 | 1182 | 2745 | 792 | 353 | 7719 | 622 | 1885 | 20540 |
| 09:00 | 1457 | 1755 | 891 | 1219 | 1217 | 2926 | 774 | 372 | 8063 | 625 | 1950 | 21249 |
| 10:00 | 1491 | 1775 | 925 | 1245 | 1274 | 3094 | 767 | 395 | 8310 | 629 | 2001 | 21906 |
| 11:00 | 1509 | 1761 | 956 | 1287 | 1334 | 3262 | 754 | 417 | 8514 | 629 | 2054 | 22477 |
| 12:00 | 1523 | 1791 | 984 | 1329 | 1413 | 3408 | 749 | 437 | 8676 | 630 | 2107 | 23047 |
| 13:00 | 1563 | 1832 | 998 | 1388 | 1501 | 3550 | 766 | 456 | 8780 | 630 | 2166 | 23630 |
| 14:00 | 1601 | 1875 | 1017 | 1433 | 1567 | 3641 | 791 | 470 | 8831 | 633 | 2211 | 24070 |
| 15:00 | 1645 | 1962 | 1039 | 1453 | 1617 | 3732 | 806 | 486 | 8858 | 637 | 2234 | 24469 |
| 16:00 | 1685 | 2019 | 1053 | 1463 | 1648 | 3765 | 842 | 494 | 8844 | 642 | 2254 | 24709 |
| 17:00 | 1735 | 2088 | 1043 | 1453 | 1671 | 3750 | 882 | 492 | 8716 | 649 | 2259 | 24738 |
| 18:00 | 1736 | 2131 | 1001 | 1463 | 1640 | 3625 | 917 | 477 | 8322 | 650 | 2212 | 24174 |
| 19:00 | 1709 | 2127 | 951 | 1433 | 1577 | 3445 | 960 | 455 | 7958 | 649 | 2149 | 23413 |
| 20:00 | 1679 | 2081 | 905 | 1383 | 1492 | 3274 | 971 | 428 | 7620 | 643 | 2097 | 22573 |
| 21:00 | 1628 | 2027 | 865 | 1345 | 1411 | 3114 | 952 | 405 | 7361 | 639 | 2067 | 21814 |
| 22:00 | 1522 | 1899 | 808 | 1255 | 1292 | 2877 | 886 | 371 | 7007 | 621 | 1980 | 20518 |
| 23:00 | 1409 | 1768 | 746 | 1160 | 1170 | 2613 | 815 | 332 | 6603 | 608 | 1867 | 19091 |

06/27/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1296 | 1623 | 696 | 1063 | 1060 | 2376 | 745 | 303 | 6227 | 602 | 1759 | 17750 |
| 01:00 | 1231 | 1534 | 658 | 1001 | 993 | 2211 | 700 | 282 | 5934 | 595 | 1690 | 16829 |
| 02:00 | 1186 | 1487 | 622 | 962 | 943 | 2101 | 672 | 267 | 5724 | 587 | 1633 | 16184 |
| 03:00 | 1166 | 1457 | 596 | 940 | 912 | 2033 | 655 | 254 | 5554 | 583 | 1603 | 15753 |
| 04:00 | 1174 | 1467 | 585 | 939 | 902 | 2012 | 658 | 249 | 5505 | 584 | 1601 | 15676 |
| 05:00 | 1198 | 1501 | 596 | 955 | 914 | 2052 | 683 | 255 | 5644 | 591 | 1621 | 16010 |
| 06:00 | 1251 | 1560 | 640 | 984 | 949 | 2165 | 719 | 275 | 6050 | 603 | 1655 | 16851 |
| 07:00 | 1313 | 1634 | 693 | 1029 | 998 | 2341 | 747 | 298 | 6490 | 613 | 1730 | 17886 |
| 08:00 | 1349 | 1667 | 729 | 1075 | 1045 | 2539 | 753 | 318 | 6845 | 617 | 1797 | 18734 |
| 09:00 | 1369 | 1662 | 758 | 1130 | 1064 | 2686 | 747 | 333 | 7120 | 621 | 1855 | 19345 |
| 10:00 | 1393 | 1678 | 784 | 1159 | 1093 | 2838 | 746 | 347 | 7323 | 624 | 1897 | 19882 |
| 11:00 | 1417 | 1678 | 811 | 1192 | 1123 | 3001 | 738 | 362 | 7511 | 629 | 1939 | 20401 |
| 12:00 | 1441 | 1698 | 841 | 1238 | 1174 | 3147 | 736 | 376 | 7670 | 628 | 2005 | 20954 |
| 13:00 | 1484 | 1740 | 865 | 1297 | 1239 | 3287 | 752 | 391 | 7793 | 627 | 2079 | 21554 |
| 14:00 | 1521 | 1800 | 889 | 1342 | 1320 | 3385 | 778 | 405 | 7903 | 633 | 2134 | 22110 |
| 15:00 | 1563 | 1888 | 920 | 1381 | 1396 | 3481 | 798 | 422 | 8050 | 637 | 2167 | 22703 |
| 16:00 | 1600 | 1949 | 941 | 1409 | 1464 | 3520 | 835 | 433 | 8155 | 641 | 2201 | 23148 |
| 17:00 | 1650 | 2006 | 946 | 1398 | 1513 | 3525 | 873 | 436 | 8145 | 644 | 2227 | 23363 |
| 18:00 | 1669 | 2039 | 914 | 1434 | 1506 | 3430 | 906 | 425 | 7834 | 645 | 2207 | 23009 |
| 19:00 | 1672 | 2052 | 875 | 1415 | 1466 | 3266 | 949 | 407 | 7513 | 644 | 2147 | 22406 |
| 20:00 | 1651 | 2004 | 840 | 1375 | 1412 | 3130 | 953 | 389 | 7243 | 640 | 2101 | 21738 |
| 21:00 | 1618 | 1954 | 821 | 1340 | 1356 | 2999 | 931 | 378 | 7078 | 635 | 2076 | 21186 |
| 22:00 | 1527 | 1844 | 781 | 1258 | 1263 | 2807 | 873 | 356 | 6811 | 620 | 1999 | 20139 |
| 23:00 | 1429 | 1728 | 731 | 1167 | 1166 | 2589 | 810 | 328 | 6498 | 609 | 1898 | 18953 |