

ISO Load Forecast

[07/17/2025](#)
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| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1730 | 1934 | 886 | 1290 | 1402 | 3207 | 952 | 376 | 7608 | 580 | 1981 | 21946 |
| 01:00 | 1660 | 1854 | 841 | 1221 | 1319 | 3023 | 909 | 360 | 7284 | 571 | 1903 | 20945 |
| 02:00 | 1609 | 1796 | 805 | 1175 | 1256 | 2886 | 876 | 340 | 7035 | 569 | 1850 | 20197 |
| 03:00 | 1580 | 1758 | 781 | 1148 | 1219 | 2796 | 855 | 325 | 6878 | 568 | 1822 | 19730 |
| 04:00 | 1576 | 1759 | 771 | 1148 | 1203 | 2771 | 854 | 320 | 6850 | 567 | 1825 | 19644 |
| 05:00 | 1611 | 1810 | 786 | 1181 | 1217 | 2819 | 884 | 327 | 7023 | 573 | 1866 | 20097 |
| 06:00 | 1672 | 1886 | 828 | 1237 | 1267 | 2933 | 925 | 340 | 7431 | 591 | 1935 | 21045 |
| 07:00 | 1730 | 1940 | 882 | 1295 | 1349 | 3134 | 945 | 360 | 7900 | 605 | 2036 | 22176 |
| 08:00 | 1751 | 1953 | 922 | 1354 | 1418 | 3362 | 953 | 380 | 8301 | 609 | 2111 | 23114 |
| 09:00 | 1779 | 1933 | 973 | 1392 | 1413 | 3543 | 972 | 396 | 8622 | 609 | 2170 | 23802 |
| 10:00 | 1781 | 1985 | 994 | 1409 | 1441 | 3772 | 997 | 411 | 8849 | 611 | 2222 | 24472 |
| 11:00 | 1795 | 2050 | 1034 | 1464 | 1514 | 3987 | 985 | 435 | 9090 | 611 | 2297 | 25262 |
| 12:00 | 1820 | 2053 | 1062 | 1531 | 1564 | 4143 | 938 | 453 | 9321 | 607 | 2363 | 25855 |
| 13:00 | 1860 | 2066 | 1097 | 1590 | 1578 | 4319 | 915 | 473 | 9528 | 612 | 2406 | 26444 |
| 14:00 | 1924 | 2079 | 1121 | 1630 | 1635 | 4479 | 915 | 486 | 9706 | 619 | 2384 | 26978 |
| 15:00 | 1973 | 2146 | 1174 | 1638 | 1727 | 4615 | 961 | 502 | 9982 | 623 | 2361 | 27702 |
| 16:00 | 2010 | 2245 | 1228 | 1641 | 1830 | 4768 | 1039 | 515 | 10177 | 633 | 2348 | 28434 |
| 17:00 | 2106 | 2316 | 1257 | 1645 | 1903 | 4874 | 1091 | 528 | 10231 | 639 | 2346 | 28936 |
| 18:00 | 2155 | 2378 | 1244 | 1643 | 1959 | 4891 | 1128 | 535 | 10041 | 644 | 2328 | 28946 |
| 19:00 | 2179 | 2405 | 1219 | 1641 | 1966 | 4779 | 1162 | 531 | 9807 | 649 | 2304 | 28642 |
| 20:00 | 2161 | 2393 | 1176 | 1594 | 1932 | 4595 | 1179 | 515 | 9595 | 650 | 2247 | 28037 |
| 21:00 | 2096 | 2315 | 1131 | 1525 | 1853 | 4378 | 1145 | 487 | 9392 | 641 | 2173 | 27136 |
| 22:00 | 1958 | 2157 | 1056 | 1412 | 1712 | 4066 | 1063 | 449 | 9004 | 619 | 2069 | 25565 |
| 23:00 | 1816 | 1996 | 975 | 1292 | 1563 | 3726 | 979 | 416 | 8545 | 604 | 1949 | 23861 |

07/18/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1689 | 1847 | 927 | 1168 | 1421 | 3353 | 910 | 392 | 8066 | 598 | 1816 | 22187 |
| 01:00 | 1601 | 1753 | 877 | 1092 | 1325 | 3139 | 860 | 371 | 7724 | 592 | 1733 | 21067 |
| 02:00 | 1533 | 1689 | 836 | 1042 | 1249 | 2984 | 828 | 349 | 7432 | 583 | 1675 | 20200 |
| 03:00 | 1486 | 1646 | 806 | 1008 | 1197 | 2878 | 801 | 331 | 7211 | 575 | 1638 | 19577 |
| 04:00 | 1466 | 1638 | 789 | 999 | 1167 | 2827 | 790 | 322 | 7108 | 574 | 1624 | 19304 |
| 05:00 | 1484 | 1661 | 795 | 1019 | 1162 | 2837 | 810 | 325 | 7192 | 579 | 1649 | 19513 |
| 06:00 | 1509 | 1733 | 821 | 1057 | 1181 | 2888 | 838 | 329 | 7506 | 588 | 1687 | 20137 |
| 07:00 | 1514 | 1806 | 860 | 1109 | 1200 | 3023 | 815 | 338 | 7870 | 594 | 1752 | 20881 |
| 08:00 | 1504 | 1818 | 883 | 1122 | 1202 | 3177 | 789 | 347 | 8144 | 598 | 1782 | 21366 |
| 09:00 | 1469 | 1787 | 908 | 1106 | 1156 | 3259 | 751 | 355 | 8321 | 599 | 1790 | 21501 |
| 10:00 | 1462 | 1754 | 903 | 1077 | 1158 | 3416 | 718 | 362 | 8405 | 600 | 1806 | 21661 |
| 11:00 | 1456 | 1705 | 914 | 1021 | 1180 | 3568 | 656 | 375 | 8487 | 598 | 1812 | 21772 |
| 12:00 | 1449 | 1637 | 923 | 958 | 1208 | 3728 | 570 | 386 | 8598 | 589 | 1810 | 21856 |
| 13:00 | 1449 | 1550 | 947 | 941 | 1254 | 3919 | 521 | 407 | 8694 | 576 | 1816 | 22074 |
| 14:00 | 1484 | 1434 | 971 | 942 | 1305 | 4117 | 493 | 425 | 8806 | 573 | 1832 | 22382 |
| 15:00 | 1498 | 1458 | 1014 | 974 | 1397 | 4276 | 520 | 434 | 8912 | 582 | 1855 | 22920 |
| 16:00 | 1516 | 1543 | 1051 | 1023 | 1494 | 4407 | 596 | 442 | 8967 | 592 | 1877 | 23508 |
| 17:00 | 1587 | 1616 | 1061 | 1082 | 1529 | 4445 | 679 | 445 | 8902 | 604 | 1908 | 23858 |
| 18:00 | 1632 | 1720 | 1031 | 1137 | 1550 | 4354 | 766 | 438 | 8597 | 608 | 1939 | 23772 |
| 19:00 | 1681 | 1802 | 982 | 1186 | 1542 | 4138 | 857 | 423 | 8233 | 615 | 1951 | 23410 |
| 20:00 | 1687 | 1861 | 928 | 1205 | 1492 | 3888 | 921 | 400 | 7909 | 620 | 1926 | 22837 |
| 21:00 | 1639 | 1825 | 894 | 1177 | 1432 | 3648 | 901 | 378 | 7658 | 612 | 1888 | 22052 |
| 22:00 | 1540 | 1718 | 843 | 1106 | 1334 | 3368 | 847 | 351 | 7342 | 598 | 1811 | 20858 |
| 23:00 | 1434 | 1608 | 778 | 1027 | 1221 | 3065 | 785 | 322 | 6985 | 588 | 1714 | 19527 |

07/19/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1357 | 1502 | 730 | 961 | 1096 | 2786 | 730 | 306 | 6638 | 610 | 1646 | 18362 |
| 01:00 | 1281 | 1423 | 689 | 912 | 1014 | 2560 | 681 | 283 | 6314 | 602 | 1583 | 17342 |
| 02:00 | 1235 | 1376 | 649 | 880 | 961 | 2392 | 649 | 265 | 6036 | 597 | 1543 | 16583 |
| 03:00 | 1207 | 1351 | 620 | 861 | 926 | 2276 | 632 | 253 | 5830 | 591 | 1520 | 16067 |
| 04:00 | 1198 | 1342 | 602 | 855 | 902 | 2209 | 629 | 244 | 5686 | 589 | 1510 | 15766 |
| 05:00 | 1203 | 1355 | 593 | 863 | 892 | 2166 | 636 | 242 | 5622 | 590 | 1513 | 15675 |
| 06:00 | 1198 | 1365 | 595 | 867 | 874 | 2146 | 625 | 241 | 5662 | 590 | 1511 | 15674 |
| 07:00 | 1201 | 1364 | 621 | 872 | 862 | 2259 | 566 | 253 | 5878 | 593 | 1536 | 16005 |
| 08:00 | 1215 | 1343 | 665 | 919 | 896 | 2485 | 540 | 274 | 6150 | 602 | 1584 | 16673 |
| 09:00 | 1233 | 1322 | 698 | 924 | 932 | 2698 | 526 | 296 | 6430 | 604 | 1639 | 17302 |
| 10:00 | 1272 | 1307 | 726 | 933 | 968 | 2899 | 521 | 315 | 6684 | 605 | 1689 | 17919 |
| 11:00 | 1272 | 1343 | 752 | 968 | 1040 | 3135 | 525 | 336 | 6865 | 608 | 1726 | 18570 |
| 12:00 | 1254 | 1411 | 784 | 1028 | 1118 | 3342 | 549 | 356 | 7018 | 614 | 1765 | 19239 |
| 13:00 | 1288 | 1500 | 821 | 1092 | 1185 | 3536 | 611 | 382 | 7143 | 623 | 1807 | 19988 |
| 14:00 | 1392 | 1522 | 846 | 1107 | 1204 | 3711 | 641 | 400 | 7270 | 631 | 1839 | 20563 |
| 15:00 | 1448 | 1579 | 871 | 1131 | 1267 | 3850 | 671 | 412 | 7377 | 634 | 1911 | 21151 |
| 16:00 | 1510 | 1664 | 900 | 1200 | 1355 | 3956 | 734 | 426 | 7472 | 637 | 1991 | 21845 |
| 17:00 | 1623 | 1779 | 924 | 1274 | 1432 | 3972 | 796 | 438 | 7483 | 646 | 2038 | 22405 |
| 18:00 | 1684 | 1887 | 913 | 1321 | 1495 | 3887 | 868 | 433 | 7381 | 653 | 2064 | 22586 |
| 19:00 | 1709 | 1971 | 902 | 1349 | 1503 | 3705 | 927 | 423 | 7247 | 655 | 2075 | 22466 |
| 20:00 | 1699 | 1986 | 876 | 1329 | 1460 | 3532 | 948 | 404 | 7130 | 656 | 2045 | 22065 |
| 21:00 | 1654 | 1938 | 858 | 1288 | 1401 | 3409 | 934 | 389 | 7090 | 651 | 2007 | 21619 |
| 22:00 | 1567 | 1828 | 822 | 1219 | 1309 | 3220 | 889 | 363 | 6954 | 637 | 1943 | 20751 |
| 23:00 | 1467 | 1717 | 778 | 1139 | 1209 | 2986 | 829 | 338 | 6732 | 625 | 1860 | 19680 |

07/20/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1380 | 1607 | 753 | 1071 | 1114 | 2764 | 764 | 321 | 6499 | 613 | 1763 | 18649 |
| 01:00 | 1316 | 1530 | 726 | 1015 | 1044 | 2595 | 725 | 304 | 6279 | 604 | 1695 | 17833 |
| 02:00 | 1276 | 1476 | 696 | 977 | 999 | 2474 | 697 | 285 | 6098 | 597 | 1650 | 17225 |
| 03:00 | 1250 | 1450 | 675 | 951 | 970 | 2393 | 679 | 274 | 5961 | 591 | 1619 | 16813 |
| 04:00 | 1239 | 1428 | 658 | 938 | 949 | 2355 | 671 | 266 | 5872 | 591 | 1604 | 16571 |
| 05:00 | 1239 | 1425 | 654 | 937 | 943 | 2337 | 674 | 264 | 5843 | 590 | 1598 | 16504 |
| 06:00 | 1238 | 1432 | 653 | 936 | 942 | 2341 | 668 | 266 | 5872 | 594 | 1588 | 16530 |
| 07:00 | 1249 | 1414 | 663 | 951 | 950 | 2436 | 634 | 276 | 6023 | 597 | 1610 | 16803 |
| 08:00 | 1286 | 1412 | 689 | 977 | 979 | 2624 | 632 | 293 | 6228 | 608 | 1646 | 17374 |
| 09:00 | 1309 | 1429 | 712 | 991 | 1003 | 2831 | 630 | 314 | 6473 | 616 | 1701 | 18009 |
| 10:00 | 1335 | 1479 | 738 | 1030 | 1032 | 3020 | 630 | 331 | 6743 | 619 | 1763 | 18720 |
| 11:00 | 1346 | 1476 | 763 | 1063 | 1099 | 3226 | 610 | 346 | 6978 | 624 | 1816 | 19347 |
| 12:00 | 1352 | 1423 | 787 | 1102 | 1177 | 3412 | 596 | 359 | 7155 | 622 | 1870 | 19855 |
| 13:00 | 1380 | 1384 | 810 | 1129 | 1241 | 3548 | 608 | 376 | 7297 | 616 | 1908 | 20297 |
| 14:00 | 1483 | 1438 | 835 | 1209 | 1308 | 3679 | 610 | 392 | 7427 | 618 | 1942 | 20941 |
| 15:00 | 1477 | 1517 | 855 | 1220 | 1321 | 3771 | 600 | 400 | 7523 | 624 | 1974 | 21282 |
| 16:00 | 1518 | 1608 | 883 | 1242 | 1369 | 3852 | 651 | 415 | 7623 | 632 | 2021 | 21814 |
| 17:00 | 1606 | 1713 | 905 | 1271 | 1435 | 3891 | 709 | 429 | 7657 | 644 | 2060 | 22320 |
| 18:00 | 1658 | 1819 | 907 | 1304 | 1478 | 3870 | 787 | 429 | 7637 | 650 | 2081 | 22620 |
| 19:00 | 1702 | 1907 | 901 | 1332 | 1492 | 3759 | 879 | 419 | 7533 | 655 | 2095 | 22674 |
| 20:00 | 1729 | 1947 | 887 | 1329 | 1477 | 3630 | 941 | 409 | 7461 | 660 | 2066 | 22536 |
| 21:00 | 1685 | 1910 | 872 | 1299 | 1416 | 3513 | 928 | 394 | 7425 | 653 | 2028 | 22123 |
| 22:00 | 1579 | 1787 | 827 | 1221 | 1311 | 3292 | 867 | 368 | 7224 | 636 | 1952 | 21064 |
| 23:00 | 1466 | 1669 | 772 | 1136 | 1197 | 3027 | 800 | 338 | 6911 | 624 | 1868 | 19808 |

07/21/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1368 | 1559 | 733 | 1057 | 1089 | 2743 | 729 | 311 | 6577 | 591 | 1791 | 18548 |
| 01:00 | 1306 | 1497 | 692 | 1007 | 1018 | 2551 | 692 | 294 | 6305 | 584 | 1733 | 17679 |
| 02:00 | 1264 | 1455 | 657 | 973 | 970 | 2407 | 667 | 274 | 6075 | 576 | 1690 | 17008 |
| 03:00 | 1240 | 1436 | 631 | 954 | 942 | 2310 | 654 | 260 | 5925 | 574 | 1668 | 16594 |
| 04:00 | 1242 | 1449 | 621 | 958 | 931 | 2272 | 659 | 254 | 5890 | 574 | 1669 | 16519 |
| 05:00 | 1275 | 1502 | 632 | 992 | 943 | 2288 | 691 | 260 | 6033 | 582 | 1708 | 16906 |
| 06:00 | 1312 | 1575 | 665 | 1032 | 971 | 2341 | 715 | 269 | 6380 | 589 | 1756 | 17605 |
| 07:00 | 1326 | 1577 | 713 | 1053 | 995 | 2483 | 673 | 286 | 6823 | 595 | 1824 | 18348 |
| 08:00 | 1299 | 1523 | 745 | 1050 | 970 | 2644 | 611 | 296 | 7208 | 596 | 1879 | 18821 |
| 09:00 | 1249 | 1444 | 777 | 1031 | 898 | 2758 | 575 | 304 | 7477 | 594 | 1922 | 19029 |
| 10:00 | 1210 | 1396 | 774 | 1036 | 866 | 2926 | 565 | 305 | 7590 | 588 | 1971 | 19227 |
| 11:00 | 1204 | 1386 | 785 | 1066 | 872 | 3084 | 540 | 317 | 7681 | 587 | 2032 | 19554 |
| 12:00 | 1218 | 1390 | 803 | 1094 | 899 | 3279 | 512 | 332 | 7793 | 587 | 2083 | 19990 |
| 13:00 | 1264 | 1417 | 830 | 1143 | 955 | 3508 | 504 | 352 | 7902 | 587 | 2135 | 20597 |
| 14:00 | 1337 | 1485 | 852 | 1192 | 1046 | 3676 | 527 | 374 | 8041 | 594 | 2167 | 21291 |
| 15:00 | 1405 | 1584 | 893 | 1254 | 1162 | 3819 | 580 | 389 | 8195 | 601 | 2195 | 22077 |
| 16:00 | 1499 | 1700 | 935 | 1334 | 1302 | 3946 | 667 | 400 | 8258 | 610 | 2229 | 22880 |
| 17:00 | 1625 | 1821 | 955 | 1403 | 1386 | 3966 | 766 | 411 | 8203 | 624 | 2263 | 23423 |
| 18:00 | 1710 | 1951 | 936 | 1453 | 1446 | 3875 | 855 | 413 | 7952 | 634 | 2272 | 23497 |
| 19:00 | 1757 | 2042 | 911 | 1480 | 1468 | 3689 | 930 | 408 | 7674 | 640 | 2261 | 23260 |
| 20:00 | 1754 | 2061 | 876 | 1461 | 1439 | 3499 | 965 | 395 | 7428 | 642 | 2208 | 22728 |
| 21:00 | 1696 | 1997 | 847 | 1409 | 1379 | 3292 | 941 | 373 | 7259 | 635 | 2145 | 21973 |
| 22:00 | 1573 | 1855 | 795 | 1308 | 1270 | 3027 | 870 | 345 | 6981 | 618 | 2046 | 20688 |
| 23:00 | 1455 | 1717 | 732 | 1201 | 1155 | 2750 | 800 | 315 | 6608 | 606 | 1927 | 19266 |

07/22/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1374 | 1604 | 690 | 1102 | 1045 | 2494 | 742 | 294 | 6226 | 601 | 1830 | 18002 |
| 01:00 | 1314 | 1534 | 649 | 1044 | 979 | 2323 | 705 | 276 | 5948 | 592 | 1758 | 17122 |
| 02:00 | 1275 | 1484 | 618 | 1005 | 935 | 2205 | 679 | 259 | 5738 | 585 | 1710 | 16493 |
| 03:00 | 1254 | 1459 | 595 | 982 | 910 | 2132 | 664 | 246 | 5600 | 582 | 1683 | 16107 |
| 04:00 | 1257 | 1470 | 588 | 983 | 903 | 2116 | 667 | 242 | 5572 | 586 | 1681 | 16065 |
| 05:00 | 1297 | 1519 | 603 | 1015 | 918 | 2158 | 700 | 251 | 5729 | 594 | 1717 | 16501 |
| 06:00 | 1346 | 1607 | 642 | 1065 | 945 | 2238 | 738 | 264 | 6112 | 601 | 1772 | 17330 |
| 07:00 | 1381 | 1659 | 687 | 1126 | 961 | 2406 | 738 | 279 | 6559 | 612 | 1852 | 18260 |
| 08:00 | 1389 | 1684 | 719 | 1168 | 958 | 2573 | 720 | 289 | 6911 | 615 | 1914 | 18940 |
| 09:00 | 1398 | 1714 | 752 | 1191 | 940 | 2664 | 720 | 298 | 7147 | 616 | 1976 | 19416 |
| 10:00 | 1440 | 1783 | 753 | 1234 | 975 | 2793 | 732 | 302 | 7264 | 614 | 2054 | 19944 |
| 11:00 | 1474 | 1864 | 772 | 1298 | 1030 | 2912 | 748 | 319 | 7386 | 614 | 2129 | 20546 |
| 12:00 | 1485 | 1920 | 798 | 1342 | 1102 | 3065 | 761 | 340 | 7517 | 614 | 2191 | 21135 |
| 13:00 | 1526 | 1968 | 833 | 1393 | 1192 | 3251 | 775 | 367 | 7662 | 616 | 2251 | 21834 |
| 14:00 | 1602 | 2006 | 856 | 1416 | 1293 | 3422 | 810 | 388 | 7801 | 626 | 2273 | 22493 |
| 15:00 | 1663 | 2034 | 893 | 1439 | 1392 | 3599 | 860 | 402 | 7933 | 633 | 2295 | 23143 |
| 16:00 | 1730 | 2076 | 929 | 1478 | 1501 | 3742 | 932 | 413 | 8013 | 641 | 2327 | 23782 |
| 17:00 | 1815 | 2123 | 942 | 1518 | 1521 | 3768 | 969 | 417 | 7988 | 648 | 2347 | 24056 |
| 18:00 | 1856 | 2180 | 920 | 1563 | 1515 | 3693 | 990 | 415 | 7749 | 651 | 2368 | 23900 |
| 19:00 | 1867 | 2204 | 894 | 1586 | 1492 | 3539 | 1013 | 407 | 7480 | 655 | 2358 | 23495 |
| 20:00 | 1846 | 2180 | 859 | 1575 | 1457 | 3368 | 1019 | 393 | 7233 | 654 | 2324 | 22908 |
| 21:00 | 1788 | 2101 | 835 | 1521 | 1397 | 3179 | 990 | 376 | 7069 | 644 | 2263 | 22163 |
| 22:00 | 1660 | 1956 | 789 | 1413 | 1294 | 2938 | 914 | 350 | 6810 | 630 | 2162 | 20916 |
| 23:00 | 1538 | 1810 | 729 | 1301 | 1183 | 2686 | 841 | 321 | 6483 | 616 | 2039 | 19547 |