

ISO Load Forecast

[09/12/2025](#)
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[09/12/2025](#)

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1129 | 1317 | 533 | 896 | 876 | 1985 | 639 | 213 | 4908 | 528 | 1480 | 14504 |
| 01:00 | 1091 | 1269 | 508 | 861 | 836 | 1865 | 619 | 203 | 4677 | 525 | 1435 | 13889 |
| 02:00 | 1064 | 1239 | 484 | 838 | 807 | 1787 | 603 | 194 | 4522 | 523 | 1403 | 13464 |
| 03:00 | 1048 | 1229 | 472 | 826 | 792 | 1741 | 597 | 189 | 4413 | 525 | 1386 | 13218 |
| 04:00 | 1054 | 1240 | 473 | 829 | 790 | 1753 | 605 | 190 | 4396 | 529 | 1389 | 13248 |
| 05:00 | 1102 | 1306 | 491 | 866 | 816 | 1836 | 645 | 205 | 4578 | 544 | 1429 | 13818 |
| 06:00 | 1177 | 1432 | 537 | 937 | 870 | 1958 | 709 | 228 | 4991 | 563 | 1505 | 14907 |
| 07:00 | 1156 | 1451 | 574 | 949 | 880 | 2014 | 679 | 238 | 5393 | 561 | 1553 | 15448 |
| 08:00 | 1057 | 1343 | 588 | 904 | 849 | 2052 | 559 | 242 | 5712 | 540 | 1556 | 15402 |
| 09:00 | 952 | 1212 | 596 | 869 | 782 | 2046 | 448 | 240 | 5921 | 531 | 1528 | 15125 |
| 10:00 | 893 | 1163 | 596 | 865 | 747 | 2053 | 402 | 232 | 6023 | 528 | 1539 | 15041 |
| 11:00 | 863 | 1181 | 598 | 871 | 745 | 2081 | 396 | 233 | 6127 | 523 | 1565 | 15183 |
| 12:00 | 864 | 1211 | 606 | 885 | 752 | 2138 | 413 | 235 | 6236 | 526 | 1609 | 15475 |
| 13:00 | 875 | 1255 | 624 | 916 | 779 | 2224 | 424 | 243 | 6323 | 530 | 1661 | 15854 |
| 14:00 | 895 | 1288 | 636 | 925 | 805 | 2292 | 440 | 250 | 6360 | 529 | 1676 | 16096 |
| 15:00 | 951 | 1308 | 655 | 955 | 872 | 2390 | 466 | 265 | 6398 | 528 | 1702 | 16490 |
| 16:00 | 1046 | 1374 | 670 | 975 | 954 | 2511 | 525 | 267 | 6420 | 549 | 1739 | 17030 |
| 17:00 | 1194 | 1475 | 680 | 1020 | 1040 | 2586 | 612 | 276 | 6383 | 564 | 1765 | 17595 |
| 18:00 | 1325 | 1613 | 679 | 1082 | 1117 | 2596 | 731 | 282 | 6148 | 577 | 1786 | 17936 |
| 19:00 | 1376 | 1676 | 672 | 1120 | 1141 | 2620 | 793 | 289 | 6004 | 590 | 1780 | 18061 |
| 20:00 | 1343 | 1645 | 649 | 1104 | 1112 | 2536 | 787 | 285 | 5849 | 588 | 1758 | 17656 |
| 21:00 | 1282 | 1566 | 624 | 1045 | 1059 | 2397 | 753 | 269 | 5658 | 570 | 1685 | 16908 |
| 22:00 | 1209 | 1471 | 598 | 975 | 997 | 2254 | 709 | 256 | 5424 | 553 | 1602 | 16048 |
| 23:00 | 1142 | 1386 | 567 | 909 | 928 | 2101 | 660 | 232 | 5161 | 543 | 1516 | 15145 |

09/13/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1103 | 1317 | 531 | 867 | 874 | 1950 | 635 | 218 | 4914 | 546 | 1462 | 14417 |
| 01:00 | 1067 | 1272 | 505 | 833 | 832 | 1837 | 612 | 209 | 4693 | 541 | 1417 | 13818 |
| 02:00 | 1042 | 1245 | 484 | 811 | 799 | 1761 | 593 | 201 | 4534 | 537 | 1387 | 13394 |
| 03:00 | 1028 | 1220 | 469 | 797 | 779 | 1715 | 584 | 194 | 4430 | 534 | 1368 | 13118 |
| 04:00 | 1027 | 1214 | 463 | 792 | 774 | 1704 | 585 | 190 | 4382 | 535 | 1364 | 13030 |
| 05:00 | 1046 | 1231 | 469 | 803 | 782 | 1729 | 599 | 194 | 4425 | 541 | 1377 | 13196 |
| 06:00 | 1069 | 1272 | 483 | 833 | 802 | 1767 | 630 | 202 | 4554 | 550 | 1405 | 13567 |
| 07:00 | 1070 | 1278 | 500 | 844 | 806 | 1794 | 631 | 214 | 4724 | 555 | 1422 | 13838 |
| 08:00 | 1050 | 1234 | 523 | 838 | 793 | 1831 | 585 | 228 | 4926 | 562 | 1444 | 14014 |
| 09:00 | 1002 | 1179 | 543 | 827 | 750 | 1858 | 547 | 232 | 5125 | 568 | 1451 | 14082 |
| 10:00 | 974 | 1155 | 555 | 822 | 718 | 1881 | 512 | 234 | 5297 | 568 | 1466 | 14182 |
| 11:00 | 970 | 1186 | 564 | 847 | 719 | 1924 | 510 | 239 | 5444 | 565 | 1493 | 14461 |
| 12:00 | 976 | 1230 | 576 | 871 | 740 | 2014 | 511 | 246 | 5567 | 560 | 1525 | 14816 |
| 13:00 | 1010 | 1278 | 593 | 891 | 779 | 2143 | 528 | 255 | 5661 | 559 | 1562 | 15259 |
| 14:00 | 1045 | 1318 | 611 | 897 | 834 | 2263 | 541 | 270 | 5736 | 557 | 1581 | 15653 |
| 15:00 | 1094 | 1367 | 632 | 938 | 920 | 2330 | 557 | 280 | 5723 | 563 | 1614 | 16018 |
| 16:00 | 1167 | 1425 | 650 | 980 | 1009 | 2418 | 607 | 293 | 5742 | 574 | 1659 | 16524 |
| 17:00 | 1260 | 1523 | 666 | 1042 | 1080 | 2504 | 674 | 303 | 5739 | 592 | 1696 | 17079 |
| 18:00 | 1333 | 1634 | 661 | 1088 | 1117 | 2520 | 752 | 305 | 5692 | 600 | 1719 | 17421 |
| 19:00 | 1378 | 1689 | 668 | 1122 | 1137 | 2528 | 803 | 304 | 5677 | 606 | 1734 | 17646 |
| 20:00 | 1340 | 1643 | 651 | 1099 | 1100 | 2436 | 790 | 294 | 5583 | 607 | 1727 | 17270 |
| 21:00 | 1272 | 1557 | 625 | 1041 | 1045 | 2323 | 750 | 277 | 5456 | 596 | 1656 | 16598 |
| 22:00 | 1204 | 1477 | 596 | 979 | 979 | 2203 | 704 | 257 | 5292 | 580 | 1590 | 15861 |
| 23:00 | 1142 | 1399 | 565 | 920 | 915 | 2063 | 657 | 237 | 5085 | 567 | 1528 | 15078 |

09/14/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1099 | 1336 | 543 | 872 | 866 | 1939 | 625 | 228 | 4885 | 564 | 1465 | 14422 |
| 01:00 | 1064 | 1290 | 514 | 835 | 823 | 1837 | 605 | 218 | 4678 | 557 | 1420 | 13841 |
| 02:00 | 1035 | 1260 | 490 | 809 | 790 | 1767 | 588 | 208 | 4516 | 552 | 1391 | 13406 |
| 03:00 | 1020 | 1235 | 473 | 793 | 770 | 1723 | 581 | 198 | 4404 | 551 | 1372 | 13120 |
| 04:00 | 1017 | 1223 | 466 | 783 | 762 | 1708 | 582 | 194 | 4345 | 547 | 1363 | 12990 |
| 05:00 | 1028 | 1230 | 468 | 787 | 764 | 1721 | 591 | 195 | 4365 | 554 | 1367 | 13070 |
| 06:00 | 1039 | 1255 | 475 | 807 | 772 | 1736 | 608 | 200 | 4444 | 560 | 1380 | 13276 |
| 07:00 | 1036 | 1250 | 486 | 796 | 766 | 1746 | 598 | 209 | 4553 | 560 | 1384 | 13384 |
| 08:00 | 1005 | 1183 | 500 | 739 | 743 | 1800 | 535 | 219 | 4736 | 563 | 1392 | 13415 |
| 09:00 | 952 | 1113 | 517 | 715 | 699 | 1840 | 486 | 226 | 4949 | 570 | 1395 | 13462 |
| 10:00 | 922 | 1084 | 534 | 718 | 667 | 1903 | 454 | 232 | 5169 | 572 | 1410 | 13665 |
| 11:00 | 924 | 1109 | 554 | 753 | 681 | 1989 | 457 | 242 | 5394 | 571 | 1454 | 14128 |
| 12:00 | 934 | 1143 | 576 | 789 | 726 | 2119 | 457 | 252 | 5596 | 568 | 1507 | 14667 |
| 13:00 | 967 | 1180 | 604 | 813 | 784 | 2296 | 467 | 268 | 5776 | 568 | 1557 | 15280 |
| 14:00 | 1012 | 1207 | 632 | 823 | 844 | 2430 | 484 | 285 | 5913 | 572 | 1581 | 15783 |
| 15:00 | 1076 | 1262 | 659 | 861 | 925 | 2555 | 502 | 295 | 5954 | 577 | 1619 | 16285 |
| 16:00 | 1172 | 1353 | 685 | 913 | 1028 | 2674 | 568 | 313 | 6038 | 586 | 1676 | 17006 |
| 17:00 | 1305 | 1499 | 707 | 1011 | 1122 | 2768 | 657 | 327 | 6081 | 602 | 1731 | 17810 |
| 18:00 | 1404 | 1669 | 707 | 1105 | 1172 | 2763 | 771 | 331 | 6059 | 613 | 1773 | 18367 |
| 19:00 | 1463 | 1761 | 720 | 1165 | 1203 | 2780 | 839 | 333 | 6066 | 620 | 1802 | 18752 |
| 20:00 | 1419 | 1705 | 703 | 1141 | 1159 | 2676 | 822 | 320 | 5996 | 616 | 1785 | 18342 |
| 21:00 | 1325 | 1601 | 669 | 1069 | 1082 | 2519 | 765 | 297 | 5848 | 598 | 1702 | 17475 |
| 22:00 | 1230 | 1499 | 627 | 993 | 999 | 2342 | 705 | 271 | 5619 | 581 | 1619 | 16485 |
| 23:00 | 1155 | 1404 | 584 | 925 | 924 | 2153 | 653 | 243 | 5334 | 571 | 1552 | 15498 |

09/15/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1108 | 1333 | 563 | 888 | 867 | 2028 | 626 | 229 | 5140 | 558 | 1519 | 14859 |
| 01:00 | 1075 | 1281 | 536 | 853 | 827 | 1919 | 608 | 218 | 4925 | 554 | 1479 | 14275 |
| 02:00 | 1051 | 1251 | 508 | 831 | 799 | 1843 | 598 | 208 | 4774 | 549 | 1450 | 13862 |
| 03:00 | 1040 | 1247 | 494 | 821 | 787 | 1802 | 594 | 201 | 4679 | 549 | 1437 | 13651 |
| 04:00 | 1051 | 1260 | 494 | 829 | 787 | 1817 | 604 | 201 | 4685 | 550 | 1447 | 13725 |
| 05:00 | 1108 | 1330 | 517 | 874 | 819 | 1909 | 649 | 217 | 4899 | 563 | 1494 | 14379 |
| 06:00 | 1191 | 1469 | 566 | 957 | 881 | 2053 | 718 | 242 | 5325 | 580 | 1585 | 15567 |
| 07:00 | 1196 | 1497 | 604 | 973 | 902 | 2139 | 705 | 251 | 5709 | 580 | 1641 | 16197 |
| 08:00 | 1126 | 1418 | 612 | 934 | 881 | 2189 | 612 | 254 | 6011 | 566 | 1650 | 16253 |
| 09:00 | 1039 | 1309 | 622 | 901 | 831 | 2197 | 515 | 254 | 6214 | 563 | 1630 | 16075 |
| 10:00 | 998 | 1275 | 627 | 899 | 812 | 2216 | 474 | 249 | 6319 | 563 | 1650 | 16082 |
| 11:00 | 991 | 1286 | 638 | 915 | 822 | 2276 | 470 | 257 | 6447 | 562 | 1671 | 16335 |
| 12:00 | 1014 | 1329 | 653 | 943 | 847 | 2363 | 480 | 265 | 6582 | 560 | 1712 | 16748 |
| 13:00 | 1035 | 1373 | 676 | 990 | 904 | 2466 | 492 | 276 | 6690 | 561 | 1767 | 17230 |
| 14:00 | 1077 | 1416 | 696 | 1018 | 973 | 2603 | 512 | 292 | 6750 | 562 | 1795 | 17694 |
| 15:00 | 1139 | 1439 | 722 | 1046 | 1050 | 2708 | 522 | 309 | 6803 | 564 | 1822 | 18124 |
| 16:00 | 1233 | 1496 | 739 | 1062 | 1124 | 2814 | 561 | 309 | 6811 | 572 | 1853 | 18574 |
| 17:00 | 1368 | 1597 | 744 | 1103 | 1187 | 2882 | 640 | 319 | 6753 | 591 | 1889 | 19073 |
| 18:00 | 1483 | 1756 | 739 | 1178 | 1232 | 2854 | 781 | 328 | 6488 | 608 | 1934 | 19381 |
| 19:00 | 1527 | 1846 | 738 | 1231 | 1248 | 2848 | 865 | 333 | 6374 | 619 | 1942 | 19571 |
| 20:00 | 1469 | 1803 | 711 | 1200 | 1207 | 2746 | 847 | 326 | 6213 | 615 | 1898 | 19035 |
| 21:00 | 1376 | 1689 | 674 | 1122 | 1129 | 2568 | 789 | 302 | 5984 | 600 | 1806 | 18039 |
| 22:00 | 1277 | 1563 | 634 | 1036 | 1044 | 2370 | 729 | 279 | 5681 | 584 | 1708 | 16905 |
| 23:00 | 1196 | 1466 | 589 | 965 | 960 | 2170 | 678 | 248 | 5345 | 573 | 1616 | 15806 |

09/16/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1147 | 1391 | 565 | 923 | 890 | 2019 | 652 | 233 | 5067 | 563 | 1591 | 15041 |
| 01:00 | 1107 | 1336 | 539 | 885 | 845 | 1899 | 631 | 222 | 4823 | 559 | 1542 | 14388 |
| 02:00 | 1081 | 1296 | 512 | 858 | 813 | 1816 | 616 | 211 | 4656 | 556 | 1504 | 13919 |
| 03:00 | 1067 | 1281 | 497 | 844 | 797 | 1766 | 610 | 205 | 4548 | 557 | 1486 | 13658 |
| 04:00 | 1077 | 1294 | 493 | 849 | 794 | 1774 | 618 | 205 | 4531 | 557 | 1489 | 13681 |
| 05:00 | 1129 | 1357 | 512 | 889 | 823 | 1860 | 660 | 221 | 4717 | 566 | 1531 | 14265 |
| 06:00 | 1209 | 1485 | 561 | 968 | 885 | 1997 | 728 | 245 | 5156 | 582 | 1613 | 15429 |
| 07:00 | 1199 | 1496 | 598 | 971 | 911 | 2091 | 695 | 255 | 5569 | 579 | 1661 | 16025 |
| 08:00 | 1116 | 1384 | 609 | 904 | 898 | 2151 | 575 | 257 | 5895 | 565 | 1647 | 16001 |
| 09:00 | 1032 | 1268 | 617 | 858 | 844 | 2166 | 477 | 257 | 6113 | 560 | 1610 | 15802 |
| 10:00 | 999 | 1239 | 623 | 862 | 818 | 2186 | 451 | 253 | 6232 | 559 | 1621 | 15843 |
| 11:00 | 988 | 1242 | 632 | 888 | 818 | 2239 | 460 | 259 | 6360 | 560 | 1640 | 16086 |
| 12:00 | 1003 | 1273 | 643 | 919 | 825 | 2320 | 469 | 265 | 6494 | 564 | 1678 | 16453 |
| 13:00 | 1024 | 1307 | 662 | 968 | 862 | 2415 | 469 | 276 | 6622 | 563 | 1730 | 16898 |
| 14:00 | 1059 | 1338 | 675 | 993 | 905 | 2521 | 476 | 285 | 6692 | 558 | 1751 | 17253 |
| 15:00 | 1114 | 1381 | 695 | 1032 | 990 | 2627 | 488 | 301 | 6751 | 562 | 1780 | 17721 |
| 16:00 | 1213 | 1466 | 711 | 1064 | 1076 | 2722 | 541 | 303 | 6780 | 573 | 1819 | 18268 |
| 17:00 | 1346 | 1583 | 722 | 1110 | 1142 | 2775 | 632 | 313 | 6727 | 594 | 1860 | 18804 |
| 18:00 | 1458 | 1725 | 721 | 1182 | 1187 | 2738 | 768 | 321 | 6446 | 607 | 1905 | 19058 |
| 19:00 | 1502 | 1800 | 713 | 1235 | 1202 | 2742 | 854 | 323 | 6301 | 619 | 1918 | 19209 |
| 20:00 | 1450 | 1759 | 684 | 1206 | 1160 | 2637 | 840 | 316 | 6123 | 615 | 1886 | 18676 |
| 21:00 | 1361 | 1648 | 649 | 1124 | 1084 | 2456 | 783 | 292 | 5886 | 598 | 1802 | 17683 |
| 22:00 | 1263 | 1535 | 612 | 1038 | 1004 | 2268 | 725 | 272 | 5590 | 582 | 1703 | 16592 |
| 23:00 | 1185 | 1445 | 568 | 970 | 925 | 2081 | 674 | 242 | 5253 | 571 | 1614 | 15528 |

09/17/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1132 | 1370 | 541 | 923 | 862 | 1939 | 646 | 228 | 4936 | 564 | 1587 | 14728 |
| 01:00 | 1098 | 1319 | 513 | 886 | 822 | 1828 | 629 | 219 | 4699 | 559 | 1540 | 14112 |
| 02:00 | 1077 | 1282 | 488 | 860 | 794 | 1752 | 616 | 210 | 4542 | 559 | 1505 | 13685 |
| 03:00 | 1064 | 1273 | 475 | 846 | 782 | 1708 | 609 | 206 | 4442 | 557 | 1492 | 13454 |
| 04:00 | 1075 | 1280 | 475 | 851 | 783 | 1720 | 619 | 206 | 4431 | 556 | 1496 | 13492 |
| 05:00 | 1131 | 1349 | 493 | 892 | 812 | 1810 | 662 | 222 | 4621 | 570 | 1542 | 14104 |
| 06:00 | 1218 | 1484 | 541 | 971 | 877 | 1950 | 734 | 247 | 5066 | 590 | 1634 | 15312 |
| 07:00 | 1237 | 1506 | 580 | 987 | 908 | 2054 | 723 | 258 | 5494 | 588 | 1680 | 16015 |
| 08:00 | 1170 | 1414 | 596 | 941 | 890 | 2111 | 623 | 262 | 5830 | 574 | 1676 | 16087 |
| 09:00 | 1080 | 1303 | 606 | 897 | 837 | 2111 | 535 | 262 | 6052 | 569 | 1644 | 15896 |
| 10:00 | 1037 | 1266 | 613 | 893 | 816 | 2125 | 493 | 254 | 6185 | 566 | 1660 | 15908 |
| 11:00 | 1039 | 1276 | 621 | 910 | 818 | 2165 | 487 | 261 | 6324 | 566 | 1683 | 16150 |
| 12:00 | 1056 | 1305 | 632 | 942 | 834 | 2236 | 498 | 265 | 6477 | 567 | 1725 | 16537 |
| 13:00 | 1086 | 1347 | 654 | 999 | 883 | 2324 | 510 | 277 | 6621 | 572 | 1782 | 17055 |
| 14:00 | 1123 | 1379 | 672 | 1030 | 930 | 2431 | 526 | 287 | 6705 | 570 | 1810 | 17463 |
| 15:00 | 1186 | 1413 | 698 | 1067 | 1010 | 2527 | 539 | 303 | 6762 | 576 | 1845 | 17926 |
| 16:00 | 1277 | 1483 | 718 | 1087 | 1085 | 2623 | 585 | 305 | 6795 | 588 | 1884 | 18430 |
| 17:00 | 1387 | 1582 | 727 | 1141 | 1144 | 2684 | 663 | 315 | 6740 | 604 | 1920 | 18907 |
| 18:00 | 1472 | 1715 | 717 | 1207 | 1179 | 2660 | 781 | 322 | 6460 | 618 | 1953 | 19084 |
| 19:00 | 1511 | 1804 | 715 | 1248 | 1198 | 2675 | 863 | 325 | 6323 | 626 | 1967 | 19255 |
| 20:00 | 1467 | 1765 | 690 | 1216 | 1161 | 2587 | 848 | 320 | 6151 | 618 | 1926 | 18749 |
| 21:00 | 1383 | 1657 | 656 | 1135 | 1090 | 2422 | 792 | 297 | 5914 | 601 | 1840 | 17787 |
| 22:00 | 1281 | 1537 | 617 | 1048 | 1011 | 2241 | 731 | 275 | 5605 | 583 | 1739 | 16668 |
| 23:00 | 1203 | 1449 | 575 | 981 | 937 | 2059 | 680 | 244 | 5267 | 574 | 1653 | 15622 |