

ISO Load Forecast

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12/14/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1333 | 1708 | 619 | 1046 | 1101 | 2067 | 890 | 318 | 5166 | 686 | 1697 | 16631 |
| 01:00 | 1299 | 1682 | 598 | 1021 | 1066 | 1964 | 871 | 304 | 4984 | 685 | 1670 | 16144 |
| 02:00 | 1280 | 1664 | 578 | 1009 | 1044 | 1892 | 863 | 293 | 4835 | 683 | 1650 | 15791 |
| 03:00 | 1276 | 1657 | 563 | 1004 | 1031 | 1853 | 861 | 291 | 4750 | 685 | 1635 | 15606 |
| 04:00 | 1283 | 1681 | 560 | 1017 | 1037 | 1853 | 869 | 289 | 4726 | 686 | 1636 | 15637 |
| 05:00 | 1309 | 1717 | 567 | 1038 | 1053 | 1886 | 888 | 298 | 4777 | 696 | 1645 | 15874 |
| 06:00 | 1355 | 1772 | 577 | 1070 | 1086 | 1954 | 920 | 312 | 4904 | 704 | 1669 | 16323 |
| 07:00 | 1402 | 1831 | 596 | 1111 | 1123 | 2026 | 965 | 329 | 5064 | 705 | 1720 | 16872 |
| 08:00 | 1438 | 1875 | 624 | 1131 | 1153 | 2125 | 1009 | 346 | 5278 | 717 | 1759 | 17455 |
| 09:00 | 1438 | 1889 | 642 | 1149 | 1127 | 2199 | 1015 | 358 | 5504 | 715 | 1780 | 17816 |
| 10:00 | 1420 | 1909 | 651 | 1147 | 1053 | 2222 | 1019 | 355 | 5701 | 715 | 1779 | 17971 |
| 11:00 | 1424 | 1914 | 660 | 1142 | 1022 | 2212 | 1015 | 354 | 5821 | 720 | 1784 | 18068 |
| 12:00 | 1434 | 1928 | 666 | 1158 | 1057 | 2216 | 1019 | 354 | 5881 | 716 | 1791 | 18220 |
| 13:00 | 1464 | 1933 | 684 | 1174 | 1134 | 2227 | 1017 | 363 | 5936 | 710 | 1811 | 18453 |
| 14:00 | 1514 | 1946 | 700 | 1194 | 1215 | 2325 | 1016 | 381 | 5985 | 714 | 1820 | 18810 |
| 15:00 | 1581 | 1984 | 721 | 1224 | 1303 | 2456 | 1040 | 396 | 6067 | 731 | 1848 | 19351 |
| 16:00 | 1687 | 2060 | 750 | 1290 | 1394 | 2689 | 1107 | 423 | 6230 | 750 | 1912 | 20292 |
| 17:00 | 1752 | 2144 | 794 | 1354 | 1464 | 2877 | 1165 | 451 | 6396 | 758 | 1983 | 21138 |
| 18:00 | 1738 | 2140 | 798 | 1344 | 1460 | 2877 | 1170 | 452 | 6415 | 749 | 1978 | 21121 |
| 19:00 | 1702 | 2112 | 793 | 1319 | 1439 | 2840 | 1153 | 445 | 6366 | 745 | 1960 | 20874 |
| 20:00 | 1663 | 2064 | 788 | 1291 | 1410 | 2785 | 1127 | 437 | 6304 | 738 | 1932 | 20539 |
| 21:00 | 1599 | 1997 | 764 | 1229 | 1365 | 2695 | 1087 | 419 | 6171 | 724 | 1885 | 19935 |
| 22:00 | 1526 | 1901 | 722 | 1165 | 1297 | 2554 | 1041 | 393 | 5949 | 715 | 1815 | 19078 |
| 23:00 | 1462 | 1823 | 678 | 1103 | 1225 | 2388 | 997 | 366 | 5671 | 707 | 1748 | 18168 |

12/15/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1424 | 1787 | 650 | 1057 | 1175 | 2252 | 961 | 360 | 5430 | 708 | 1720 | 17524 |
| 01:00 | 1398 | 1756 | 630 | 1034 | 1147 | 2169 | 941 | 350 | 5254 | 706 | 1685 | 17070 |
| 02:00 | 1390 | 1748 | 617 | 1024 | 1131 | 2120 | 936 | 348 | 5146 | 701 | 1679 | 16840 |
| 03:00 | 1395 | 1759 | 608 | 1025 | 1133 | 2107 | 937 | 346 | 5094 | 701 | 1680 | 16785 |
| 04:00 | 1425 | 1808 | 613 | 1056 | 1151 | 2147 | 958 | 350 | 5148 | 702 | 1698 | 17056 |
| 05:00 | 1490 | 1893 | 646 | 1115 | 1195 | 2269 | 1008 | 378 | 5379 | 720 | 1763 | 17856 |
| 06:00 | 1606 | 2033 | 708 | 1214 | 1288 | 2463 | 1086 | 410 | 5836 | 746 | 1873 | 19263 |
| 07:00 | 1666 | 2121 | 749 | 1291 | 1335 | 2578 | 1135 | 431 | 6297 | 751 | 1969 | 20323 |
| 08:00 | 1606 | 2117 | 748 | 1307 | 1297 | 2529 | 1145 | 423 | 6562 | 752 | 2004 | 20490 |
| 09:00 | 1516 | 2108 | 741 | 1306 | 1213 | 2413 | 1136 | 410 | 6733 | 747 | 2009 | 20332 |
| 10:00 | 1492 | 2110 | 733 | 1299 | 1183 | 2333 | 1139 | 396 | 6798 | 742 | 1996 | 20221 |
| 11:00 | 1514 | 2095 | 724 | 1287 | 1192 | 2279 | 1130 | 388 | 6832 | 740 | 1983 | 20164 |
| 12:00 | 1557 | 2076 | 723 | 1283 | 1215 | 2307 | 1120 | 389 | 6838 | 735 | 1974 | 20217 |
| 13:00 | 1592 | 2061 | 732 | 1291 | 1271 | 2403 | 1112 | 394 | 6837 | 733 | 1979 | 20405 |
| 14:00 | 1633 | 2070 | 749 | 1287 | 1333 | 2529 | 1110 | 407 | 6855 | 736 | 1976 | 20685 |
| 15:00 | 1672 | 2089 | 780 | 1303 | 1388 | 2663 | 1118 | 424 | 6927 | 743 | 1991 | 21098 |
| 16:00 | 1760 | 2161 | 820 | 1368 | 1463 | 2891 | 1162 | 454 | 7090 | 755 | 2037 | 21961 |
| 17:00 | 1816 | 2222 | 851 | 1419 | 1510 | 3051 | 1198 | 481 | 7153 | 769 | 2098 | 22568 |
| 18:00 | 1798 | 2199 | 850 | 1403 | 1500 | 3050 | 1191 | 482 | 7028 | 763 | 2078 | 22342 |
| 19:00 | 1759 | 2159 | 834 | 1376 | 1475 | 2998 | 1171 | 473 | 6894 | 758 | 2057 | 21954 |
| 20:00 | 1707 | 2083 | 814 | 1335 | 1441 | 2921 | 1136 | 458 | 6736 | 751 | 2022 | 21404 |
| 21:00 | 1632 | 2004 | 781 | 1265 | 1384 | 2779 | 1085 | 438 | 6504 | 739 | 1963 | 20574 |
| 22:00 | 1548 | 1912 | 733 | 1193 | 1304 | 2596 | 1025 | 406 | 6155 | 728 | 1893 | 19493 |
| 23:00 | 1473 | 1838 | 680 | 1125 | 1232 | 2405 | 975 | 374 | 5782 | 716 | 1815 | 18415 |

12/16/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1417 | 1790 | 652 | 1073 | 1163 | 2241 | 938 | 349 | 5436 | 707 | 1761 | 17527 |
| 01:00 | 1387 | 1753 | 630 | 1048 | 1133 | 2144 | 918 | 337 | 5230 | 703 | 1724 | 17007 |
| 02:00 | 1375 | 1747 | 613 | 1036 | 1118 | 2086 | 913 | 334 | 5111 | 697 | 1713 | 16743 |
| 03:00 | 1378 | 1760 | 603 | 1036 | 1118 | 2068 | 916 | 333 | 5057 | 698 | 1710 | 16677 |
| 04:00 | 1404 | 1804 | 609 | 1067 | 1137 | 2106 | 939 | 335 | 5108 | 701 | 1723 | 16933 |
| 05:00 | 1469 | 1887 | 645 | 1125 | 1183 | 2232 | 991 | 364 | 5351 | 718 | 1786 | 17751 |
| 06:00 | 1583 | 2037 | 712 | 1223 | 1276 | 2430 | 1072 | 397 | 5840 | 730 | 1897 | 19197 |
| 07:00 | 1644 | 2115 | 755 | 1297 | 1317 | 2539 | 1109 | 416 | 6308 | 739 | 1990 | 20229 |
| 08:00 | 1603 | 2097 | 749 | 1301 | 1277 | 2476 | 1115 | 407 | 6553 | 737 | 2012 | 20327 |
| 09:00 | 1523 | 2056 | 739 | 1287 | 1203 | 2352 | 1096 | 392 | 6698 | 732 | 2004 | 20082 |
| 10:00 | 1467 | 2032 | 724 | 1268 | 1152 | 2269 | 1083 | 375 | 6725 | 721 | 1981 | 19797 |
| 11:00 | 1453 | 1994 | 714 | 1239 | 1120 | 2220 | 1070 | 366 | 6741 | 718 | 1962 | 19597 |
| 12:00 | 1452 | 1961 | 709 | 1221 | 1122 | 2226 | 1058 | 364 | 6724 | 712 | 1950 | 19499 |
| 13:00 | 1481 | 1959 | 712 | 1229 | 1155 | 2290 | 1052 | 365 | 6702 | 706 | 1955 | 19606 |
| 14:00 | 1524 | 1985 | 725 | 1238 | 1225 | 2401 | 1051 | 375 | 6709 | 707 | 1950 | 19890 |
| 15:00 | 1588 | 2023 | 752 | 1266 | 1305 | 2544 | 1062 | 393 | 6777 | 718 | 1961 | 20389 |
| 16:00 | 1686 | 2113 | 797 | 1336 | 1405 | 2785 | 1117 | 426 | 6953 | 737 | 1999 | 21354 |
| 17:00 | 1762 | 2196 | 835 | 1395 | 1467 | 2974 | 1164 | 457 | 7046 | 754 | 2060 | 22110 |
| 18:00 | 1756 | 2174 | 838 | 1377 | 1468 | 2986 | 1158 | 464 | 6946 | 750 | 2043 | 21960 |
| 19:00 | 1724 | 2133 | 824 | 1350 | 1448 | 2943 | 1142 | 459 | 6807 | 745 | 2019 | 21594 |
| 20:00 | 1677 | 2053 | 806 | 1305 | 1418 | 2874 | 1111 | 445 | 6634 | 739 | 1981 | 21043 |
| 21:00 | 1606 | 1972 | 774 | 1233 | 1364 | 2738 | 1061 | 425 | 6410 | 724 | 1916 | 20223 |
| 22:00 | 1521 | 1874 | 726 | 1155 | 1287 | 2560 | 1001 | 391 | 6075 | 709 | 1844 | 19143 |
| 23:00 | 1447 | 1790 | 675 | 1084 | 1213 | 2364 | 953 | 360 | 5705 | 700 | 1762 | 18053 |

12/17/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1385 | 1727 | 650 | 1030 | 1147 | 2203 | 913 | 337 | 5353 | 690 | 1704 | 17139 |
| 01:00 | 1353 | 1684 | 627 | 1001 | 1116 | 2101 | 892 | 324 | 5141 | 685 | 1662 | 16586 |
| 02:00 | 1340 | 1669 | 610 | 983 | 1095 | 2034 | 882 | 319 | 5013 | 681 | 1644 | 16270 |
| 03:00 | 1338 | 1673 | 598 | 979 | 1091 | 2001 | 882 | 314 | 4943 | 679 | 1637 | 16135 |
| 04:00 | 1359 | 1708 | 601 | 1006 | 1101 | 2023 | 898 | 319 | 4975 | 681 | 1650 | 16321 |
| 05:00 | 1424 | 1784 | 630 | 1061 | 1143 | 2130 | 944 | 346 | 5202 | 697 | 1712 | 17073 |
| 06:00 | 1536 | 1913 | 695 | 1156 | 1233 | 2312 | 1021 | 379 | 5664 | 713 | 1826 | 18448 |
| 07:00 | 1600 | 1994 | 739 | 1229 | 1284 | 2427 | 1061 | 396 | 6110 | 720 | 1912 | 19472 |
| 08:00 | 1583 | 1978 | 737 | 1242 | 1268 | 2400 | 1064 | 390 | 6331 | 719 | 1932 | 19644 |
| 09:00 | 1543 | 1960 | 730 | 1241 | 1213 | 2335 | 1053 | 381 | 6451 | 715 | 1934 | 19556 |
| 10:00 | 1508 | 1964 | 718 | 1239 | 1180 | 2269 | 1051 | 365 | 6467 | 711 | 1925 | 19397 |
| 11:00 | 1496 | 1953 | 706 | 1223 | 1159 | 2233 | 1045 | 356 | 6483 | 708 | 1909 | 19271 |
| 12:00 | 1497 | 1928 | 702 | 1206 | 1153 | 2225 | 1038 | 353 | 6478 | 702 | 1896 | 19178 |
| 13:00 | 1495 | 1906 | 707 | 1212 | 1178 | 2277 | 1024 | 351 | 6474 | 697 | 1905 | 19226 |
| 14:00 | 1513 | 1917 | 715 | 1211 | 1223 | 2363 | 1019 | 360 | 6489 | 697 | 1901 | 19408 |
| 15:00 | 1544 | 1944 | 738 | 1233 | 1267 | 2470 | 1026 | 373 | 6547 | 700 | 1914 | 19756 |
| 16:00 | 1623 | 2006 | 777 | 1290 | 1337 | 2669 | 1065 | 401 | 6703 | 716 | 1955 | 20542 |
| 17:00 | 1681 | 2062 | 808 | 1336 | 1389 | 2818 | 1099 | 426 | 6771 | 730 | 2005 | 21125 |
| 18:00 | 1667 | 2040 | 809 | 1317 | 1385 | 2818 | 1090 | 431 | 6644 | 724 | 1978 | 20903 |
| 19:00 | 1637 | 1998 | 795 | 1295 | 1366 | 2778 | 1071 | 424 | 6496 | 719 | 1958 | 20537 |
| 20:00 | 1588 | 1930 | 777 | 1256 | 1338 | 2713 | 1038 | 412 | 6317 | 715 | 1929 | 20013 |
| 21:00 | 1517 | 1861 | 748 | 1190 | 1289 | 2591 | 991 | 393 | 6102 | 705 | 1873 | 19260 |
| 22:00 | 1428 | 1766 | 703 | 1118 | 1216 | 2431 | 931 | 363 | 5782 | 693 | 1813 | 18244 |
| 23:00 | 1353 | 1689 | 652 | 1051 | 1145 | 2249 | 884 | 334 | 5432 | 681 | 1734 | 17204 |

12/18/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1301 | 1638 | 626 | 1004 | 1080 | 2085 | 853 | 312 | 5104 | 669 | 1696 | 16368 |
| 01:00 | 1274 | 1601 | 602 | 977 | 1049 | 1987 | 835 | 300 | 4896 | 666 | 1658 | 15845 |
| 02:00 | 1262 | 1592 | 584 | 963 | 1031 | 1928 | 827 | 296 | 4771 | 665 | 1644 | 15563 |
| 03:00 | 1264 | 1605 | 572 | 962 | 1029 | 1905 | 829 | 296 | 4709 | 671 | 1642 | 15484 |
| 04:00 | 1294 | 1647 | 577 | 991 | 1042 | 1939 | 849 | 299 | 4749 | 674 | 1657 | 15718 |
| 05:00 | 1361 | 1724 | 607 | 1048 | 1087 | 2061 | 899 | 326 | 4979 | 685 | 1718 | 16495 |
| 06:00 | 1476 | 1866 | 673 | 1145 | 1182 | 2250 | 981 | 361 | 5455 | 708 | 1824 | 17921 |
| 07:00 | 1536 | 1954 | 719 | 1220 | 1241 | 2362 | 1022 | 381 | 5917 | 716 | 1909 | 18977 |
| 08:00 | 1524 | 1939 | 722 | 1236 | 1244 | 2338 | 1021 | 379 | 6164 | 713 | 1930 | 19210 |
| 09:00 | 1490 | 1920 | 719 | 1239 | 1206 | 2277 | 1003 | 370 | 6288 | 712 | 1936 | 19160 |
| 10:00 | 1466 | 1916 | 709 | 1235 | 1179 | 2209 | 997 | 355 | 6308 | 710 | 1923 | 19007 |
| 11:00 | 1459 | 1902 | 705 | 1212 | 1164 | 2179 | 987 | 352 | 6331 | 703 | 1906 | 18900 |
| 12:00 | 1459 | 1882 | 699 | 1193 | 1166 | 2192 | 979 | 351 | 6319 | 692 | 1886 | 18818 |
| 13:00 | 1467 | 1863 | 703 | 1191 | 1189 | 2240 | 973 | 350 | 6319 | 684 | 1889 | 18868 |
| 14:00 | 1488 | 1865 | 711 | 1183 | 1224 | 2317 | 971 | 358 | 6326 | 682 | 1880 | 19005 |
| 15:00 | 1513 | 1878 | 731 | 1186 | 1261 | 2404 | 976 | 370 | 6383 | 691 | 1879 | 19272 |
| 16:00 | 1588 | 1931 | 768 | 1238 | 1328 | 2599 | 1013 | 396 | 6520 | 708 | 1909 | 19998 |
| 17:00 | 1630 | 1986 | 792 | 1282 | 1367 | 2720 | 1044 | 414 | 6552 | 721 | 1963 | 20471 |
| 18:00 | 1606 | 1961 | 783 | 1262 | 1347 | 2696 | 1035 | 413 | 6379 | 715 | 1938 | 20135 |
| 19:00 | 1569 | 1915 | 767 | 1240 | 1323 | 2642 | 1019 | 403 | 6219 | 707 | 1915 | 19719 |
| 20:00 | 1519 | 1848 | 747 | 1206 | 1291 | 2568 | 992 | 388 | 6028 | 698 | 1892 | 19177 |
| 21:00 | 1446 | 1779 | 717 | 1145 | 1236 | 2440 | 948 | 368 | 5801 | 681 | 1840 | 18401 |
| 22:00 | 1360 | 1687 | 674 | 1078 | 1157 | 2275 | 893 | 337 | 5494 | 666 | 1779 | 17400 |
| 23:00 | 1284 | 1613 | 623 | 1016 | 1081 | 2093 | 846 | 305 | 5163 | 656 | 1710 | 16390 |

12/19/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1231 | 1562 | 594 | 979 | 1011 | 1950 | 806 | 280 | 4850 | 649 | 1672 | 15584 |
| 01:00 | 1197 | 1533 | 569 | 958 | 977 | 1853 | 786 | 267 | 4648 | 648 | 1640 | 15076 |
| 02:00 | 1184 | 1537 | 554 | 947 | 956 | 1792 | 782 | 261 | 4527 | 645 | 1632 | 14817 |
| 03:00 | 1187 | 1559 | 541 | 950 | 950 | 1766 | 787 | 258 | 4464 | 643 | 1631 | 14736 |
| 04:00 | 1211 | 1611 | 544 | 981 | 962 | 1792 | 806 | 262 | 4501 | 651 | 1650 | 14971 |
| 05:00 | 1273 | 1703 | 575 | 1040 | 1004 | 1900 | 857 | 285 | 4728 | 664 | 1711 | 15740 |
| 06:00 | 1379 | 1842 | 638 | 1135 | 1088 | 2084 | 932 | 319 | 5205 | 681 | 1820 | 17123 |
| 07:00 | 1444 | 1932 | 681 | 1210 | 1148 | 2225 | 975 | 339 | 5676 | 697 | 1914 | 18241 |
| 08:00 | 1440 | 1952 | 688 | 1228 | 1167 | 2242 | 984 | 345 | 5938 | 704 | 1956 | 18644 |
| 09:00 | 1399 | 1947 | 688 | 1243 | 1140 | 2183 | 976 | 344 | 6099 | 702 | 1960 | 18681 |
| 10:00 | 1370 | 1954 | 683 | 1241 | 1110 | 2116 | 978 | 338 | 6149 | 700 | 1947 | 18586 |
| 11:00 | 1362 | 1939 | 678 | 1217 | 1097 | 2078 | 975 | 336 | 6200 | 708 | 1933 | 18523 |
| 12:00 | 1374 | 1915 | 679 | 1201 | 1097 | 2073 | 977 | 335 | 6200 | 712 | 1924 | 18487 |
| 13:00 | 1387 | 1908 | 688 | 1206 | 1118 | 2140 | 976 | 339 | 6220 | 711 | 1927 | 18620 |
| 14:00 | 1441 | 1938 | 698 | 1209 | 1174 | 2267 | 986 | 350 | 6259 | 717 | 1925 | 18964 |
| 15:00 | 1517 | 1986 | 728 | 1233 | 1247 | 2403 | 1016 | 368 | 6356 | 728 | 1940 | 19522 |
| 16:00 | 1615 | 2058 | 770 | 1300 | 1338 | 2640 | 1075 | 401 | 6546 | 746 | 1981 | 20470 |
| 17:00 | 1677 | 2112 | 803 | 1349 | 1392 | 2794 | 1114 | 425 | 6629 | 762 | 2031 | 21088 |
| 18:00 | 1660 | 2078 | 802 | 1323 | 1387 | 2797 | 1107 | 430 | 6512 | 752 | 2004 | 20852 |
| 19:00 | 1627 | 2037 | 789 | 1297 | 1370 | 2765 | 1093 | 426 | 6376 | 755 | 1980 | 20515 |
| 20:00 | 1594 | 1980 | 774 | 1267 | 1353 | 2719 | 1068 | 417 | 6224 | 749 | 1952 | 20097 |
| 21:00 | 1543 | 1921 | 753 | 1209 | 1320 | 2641 | 1035 | 406 | 6060 | 744 | 1908 | 19540 |
| 22:00 | 1483 | 1846 | 721 | 1150 | 1269 | 2528 | 991 | 386 | 5809 | 733 | 1859 | 18775 |
| 23:00 | 1426 | 1774 | 678 | 1087 | 1214 | 2390 | 948 | 361 | 5533 | 723 | 1791 | 17925 |