

ISO Load Forecast

[01/07/2026](#)
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[01/07/2026](#)

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1288 | 1535 | 593 | 974 | 1061 | 1976 | 813 | 289 | 4959 | 685 | 1554 | 15727 |
| 01:00 | 1264 | 1513 | 571 | 951 | 1031 | 1881 | 788 | 278 | 4775 | 677 | 1524 | 15253 |
| 02:00 | 1248 | 1505 | 553 | 939 | 1013 | 1823 | 782 | 271 | 4661 | 670 | 1509 | 14974 |
| 03:00 | 1246 | 1509 | 544 | 938 | 1009 | 1797 | 779 | 267 | 4605 | 673 | 1507 | 14874 |
| 04:00 | 1267 | 1544 | 550 | 959 | 1021 | 1821 | 795 | 273 | 4639 | 677 | 1525 | 15071 |
| 05:00 | 1324 | 1624 | 578 | 1017 | 1056 | 1932 | 845 | 294 | 4857 | 691 | 1580 | 15798 |
| 06:00 | 1431 | 1757 | 637 | 1106 | 1133 | 2103 | 923 | 326 | 5313 | 708 | 1678 | 17115 |
| 07:00 | 1502 | 1854 | 683 | 1181 | 1200 | 2233 | 968 | 345 | 5746 | 711 | 1773 | 18196 |
| 08:00 | 1528 | 1886 | 700 | 1206 | 1232 | 2281 | 981 | 351 | 5987 | 714 | 1796 | 18662 |
| 09:00 | 1523 | 1890 | 700 | 1212 | 1234 | 2271 | 989 | 350 | 6096 | 716 | 1806 | 18787 |
| 10:00 | 1523 | 1887 | 692 | 1216 | 1215 | 2213 | 992 | 342 | 6096 | 713 | 1824 | 18713 |
| 11:00 | 1508 | 1874 | 682 | 1204 | 1190 | 2160 | 990 | 334 | 6114 | 713 | 1825 | 18594 |
| 12:00 | 1489 | 1851 | 683 | 1197 | 1151 | 2126 | 985 | 332 | 6114 | 710 | 1817 | 18455 |
| 13:00 | 1480 | 1859 | 680 | 1206 | 1123 | 2140 | 974 | 330 | 6096 | 708 | 1815 | 18411 |
| 14:00 | 1466 | 1858 | 687 | 1205 | 1128 | 2166 | 969 | 331 | 6087 | 707 | 1813 | 18417 |
| 15:00 | 1481 | 1875 | 701 | 1228 | 1183 | 2257 | 967 | 337 | 6151 | 713 | 1822 | 18715 |
| 16:00 | 1541 | 1910 | 726 | 1256 | 1256 | 2426 | 1000 | 354 | 6271 | 722 | 1847 | 19309 |
| 17:00 | 1622 | 1989 | 773 | 1305 | 1336 | 2644 | 1045 | 388 | 6426 | 735 | 1900 | 20163 |
| 18:00 | 1622 | 1974 | 773 | 1290 | 1337 | 2663 | 1039 | 397 | 6334 | 731 | 1883 | 20043 |
| 19:00 | 1590 | 1930 | 757 | 1258 | 1314 | 2613 | 1015 | 390 | 6191 | 727 | 1858 | 19643 |
| 20:00 | 1542 | 1859 | 733 | 1210 | 1281 | 2528 | 983 | 377 | 6001 | 715 | 1810 | 19039 |
| 21:00 | 1466 | 1773 | 700 | 1145 | 1232 | 2402 | 939 | 355 | 5791 | 702 | 1753 | 18258 |
| 22:00 | 1376 | 1677 | 660 | 1075 | 1163 | 2258 | 887 | 326 | 5494 | 692 | 1682 | 17290 |
| 23:00 | 1311 | 1608 | 614 | 1019 | 1093 | 2105 | 842 | 300 | 5177 | 682 | 1622 | 16373 |

01/08/2026

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1268 | 1569 | 595 | 981 | 1046 | 1984 | 822 | 290 | 4919 | 672 | 1580 | 15726 |
| 01:00 | 1244 | 1550 | 573 | 961 | 1018 | 1897 | 797 | 281 | 4745 | 668 | 1554 | 15288 |
| 02:00 | 1231 | 1541 | 557 | 950 | 1002 | 1844 | 788 | 275 | 4632 | 662 | 1537 | 15019 |
| 03:00 | 1231 | 1544 | 549 | 949 | 999 | 1822 | 784 | 273 | 4577 | 664 | 1534 | 14926 |
| 04:00 | 1255 | 1580 | 556 | 969 | 1012 | 1853 | 799 | 279 | 4618 | 666 | 1554 | 15141 |
| 05:00 | 1316 | 1655 | 585 | 1028 | 1054 | 1972 | 847 | 301 | 4842 | 679 | 1615 | 15894 |
| 06:00 | 1431 | 1794 | 646 | 1116 | 1139 | 2146 | 924 | 336 | 5296 | 697 | 1721 | 17246 |
| 07:00 | 1507 | 1886 | 689 | 1189 | 1204 | 2260 | 968 | 355 | 5714 | 706 | 1804 | 18282 |
| 08:00 | 1521 | 1890 | 697 | 1190 | 1205 | 2218 | 978 | 351 | 5937 | 710 | 1811 | 18508 |
| 09:00 | 1497 | 1847 | 692 | 1149 | 1166 | 2136 | 974 | 344 | 6045 | 704 | 1776 | 18330 |
| 10:00 | 1475 | 1794 | 681 | 1110 | 1106 | 2061 | 965 | 331 | 6050 | 702 | 1754 | 18029 |
| 11:00 | 1454 | 1739 | 670 | 1079 | 1080 | 2037 | 953 | 322 | 6056 | 695 | 1724 | 17809 |
| 12:00 | 1425 | 1671 | 669 | 1053 | 1034 | 2044 | 936 | 315 | 6054 | 690 | 1701 | 17592 |
| 13:00 | 1413 | 1674 | 669 | 1052 | 1027 | 2098 | 920 | 318 | 6037 | 685 | 1695 | 17588 |
| 14:00 | 1402 | 1703 | 678 | 1071 | 1072 | 2148 | 919 | 321 | 6023 | 688 | 1709 | 17734 |
| 15:00 | 1432 | 1776 | 693 | 1135 | 1154 | 2249 | 929 | 331 | 6071 | 696 | 1748 | 18214 |
| 16:00 | 1507 | 1852 | 714 | 1181 | 1235 | 2402 | 969 | 349 | 6181 | 708 | 1786 | 18884 |
| 17:00 | 1595 | 1946 | 762 | 1244 | 1323 | 2610 | 1018 | 383 | 6346 | 726 | 1852 | 19805 |
| 18:00 | 1599 | 1936 | 767 | 1235 | 1332 | 2634 | 1018 | 394 | 6267 | 722 | 1843 | 19747 |
| 19:00 | 1571 | 1900 | 752 | 1208 | 1315 | 2590 | 1001 | 389 | 6134 | 714 | 1828 | 19402 |
| 20:00 | 1528 | 1840 | 729 | 1167 | 1285 | 2508 | 973 | 376 | 5947 | 707 | 1787 | 18847 |
| 21:00 | 1455 | 1756 | 698 | 1109 | 1238 | 2380 | 933 | 355 | 5738 | 698 | 1729 | 18089 |
| 22:00 | 1367 | 1658 | 661 | 1042 | 1170 | 2238 | 885 | 328 | 5455 | 687 | 1659 | 17150 |
| 23:00 | 1301 | 1586 | 614 | 987 | 1099 | 2089 | 840 | 304 | 5151 | 677 | 1593 | 16241 |

01/09/2026

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1259 | 1535 | 591 | 946 | 1052 | 1978 | 826 | 291 | 4896 | 669 | 1550 | 15593 |
| 01:00 | 1236 | 1507 | 569 | 922 | 1022 | 1886 | 796 | 280 | 4717 | 659 | 1516 | 15110 |
| 02:00 | 1221 | 1491 | 551 | 908 | 1003 | 1827 | 782 | 274 | 4597 | 654 | 1494 | 14802 |
| 03:00 | 1217 | 1486 | 543 | 904 | 998 | 1801 | 774 | 272 | 4535 | 655 | 1490 | 14675 |
| 04:00 | 1238 | 1516 | 549 | 920 | 1009 | 1825 | 785 | 278 | 4564 | 649 | 1503 | 14836 |
| 05:00 | 1291 | 1591 | 575 | 970 | 1043 | 1933 | 828 | 298 | 4777 | 667 | 1550 | 15523 |
| 06:00 | 1394 | 1724 | 633 | 1044 | 1119 | 2093 | 901 | 330 | 5197 | 691 | 1641 | 16767 |
| 07:00 | 1467 | 1816 | 677 | 1113 | 1184 | 2211 | 945 | 351 | 5591 | 701 | 1722 | 17778 |
| 08:00 | 1492 | 1831 | 698 | 1134 | 1220 | 2264 | 957 | 360 | 5859 | 703 | 1745 | 18263 |
| 09:00 | 1488 | 1830 | 708 | 1139 | 1242 | 2301 | 959 | 364 | 6018 | 701 | 1757 | 18507 |
| 10:00 | 1485 | 1819 | 714 | 1125 | 1241 | 2323 | 952 | 366 | 6089 | 696 | 1778 | 18588 |
| 11:00 | 1480 | 1795 | 711 | 1112 | 1238 | 2319 | 943 | 361 | 6136 | 689 | 1773 | 18557 |
| 12:00 | 1467 | 1761 | 704 | 1097 | 1229 | 2317 | 927 | 359 | 6150 | 681 | 1764 | 18456 |
| 13:00 | 1456 | 1759 | 705 | 1108 | 1219 | 2318 | 914 | 356 | 6127 | 673 | 1752 | 18387 |
| 14:00 | 1440 | 1753 | 704 | 1109 | 1209 | 2320 | 906 | 351 | 6106 | 674 | 1736 | 18308 |
| 15:00 | 1443 | 1764 | 710 | 1112 | 1218 | 2339 | 911 | 353 | 6112 | 678 | 1739 | 18379 |
| 16:00 | 1483 | 1783 | 723 | 1126 | 1241 | 2450 | 937 | 362 | 6203 | 687 | 1762 | 18757 |
| 17:00 | 1532 | 1840 | 754 | 1170 | 1283 | 2566 | 963 | 383 | 6281 | 701 | 1817 | 19290 |
| 18:00 | 1515 | 1814 | 744 | 1157 | 1265 | 2534 | 955 | 384 | 6113 | 698 | 1802 | 18981 |
| 19:00 | 1473 | 1765 | 722 | 1130 | 1234 | 2462 | 934 | 370 | 5946 | 686 | 1778 | 18500 |
| 20:00 | 1430 | 1716 | 695 | 1094 | 1201 | 2372 | 912 | 354 | 5735 | 681 | 1741 | 17931 |
| 21:00 | 1370 | 1655 | 671 | 1048 | 1162 | 2263 | 885 | 335 | 5531 | 669 | 1696 | 17285 |
| 22:00 | 1302 | 1580 | 642 | 995 | 1111 | 2155 | 846 | 313 | 5284 | 658 | 1637 | 16523 |
| 23:00 | 1245 | 1520 | 601 | 947 | 1051 | 2028 | 805 | 291 | 5022 | 648 | 1580 | 15738 |

01/10/2026

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1197 | 1495 | 582 | 915 | 998 | 1897 | 783 | 273 | 4769 | 644 | 1536 | 15089 |
| 01:00 | 1169 | 1463 | 559 | 895 | 965 | 1803 | 762 | 262 | 4590 | 642 | 1501 | 14611 |
| 02:00 | 1151 | 1449 | 542 | 879 | 946 | 1739 | 751 | 253 | 4462 | 644 | 1477 | 14293 |
| 03:00 | 1143 | 1449 | 526 | 872 | 939 | 1702 | 746 | 247 | 4387 | 650 | 1467 | 14128 |
| 04:00 | 1151 | 1471 | 527 | 879 | 940 | 1702 | 752 | 248 | 4365 | 647 | 1474 | 14156 |
| 05:00 | 1176 | 1502 | 537 | 908 | 951 | 1744 | 774 | 259 | 4434 | 657 | 1501 | 14443 |
| 06:00 | 1220 | 1563 | 561 | 952 | 991 | 1830 | 810 | 274 | 4597 | 665 | 1542 | 15005 |
| 07:00 | 1277 | 1627 | 581 | 1003 | 1042 | 1910 | 849 | 292 | 4790 | 673 | 1601 | 15645 |
| 08:00 | 1334 | 1680 | 613 | 1042 | 1096 | 2007 | 883 | 311 | 4993 | 683 | 1637 | 16279 |
| 09:00 | 1359 | 1708 | 635 | 1073 | 1130 | 2103 | 889 | 325 | 5199 | 686 | 1668 | 16775 |
| 10:00 | 1365 | 1719 | 650 | 1080 | 1141 | 2168 | 893 | 337 | 5359 | 687 | 1689 | 17088 |
| 11:00 | 1375 | 1700 | 662 | 1087 | 1167 | 2217 | 881 | 342 | 5486 | 687 | 1690 | 17294 |
| 12:00 | 1358 | 1689 | 668 | 1091 | 1167 | 2234 | 868 | 341 | 5539 | 682 | 1686 | 17323 |
| 13:00 | 1362 | 1706 | 658 | 1087 | 1153 | 2236 | 867 | 336 | 5542 | 687 | 1676 | 17310 |
| 14:00 | 1373 | 1711 | 667 | 1085 | 1155 | 2245 | 878 | 334 | 5550 | 686 | 1676 | 17360 |
| 15:00 | 1398 | 1734 | 674 | 1092 | 1162 | 2270 | 888 | 337 | 5549 | 693 | 1693 | 17490 |
| 16:00 | 1446 | 1760 | 686 | 1117 | 1192 | 2332 | 922 | 343 | 5604 | 696 | 1723 | 17821 |
| 17:00 | 1498 | 1821 | 713 | 1161 | 1247 | 2470 | 955 | 360 | 5733 | 706 | 1762 | 18426 |
| 18:00 | 1476 | 1789 | 708 | 1142 | 1233 | 2430 | 943 | 360 | 5684 | 702 | 1750 | 18217 |
| 19:00 | 1434 | 1738 | 696 | 1110 | 1200 | 2356 | 919 | 350 | 5614 | 695 | 1718 | 17830 |
| 20:00 | 1389 | 1688 | 679 | 1073 | 1168 | 2284 | 892 | 338 | 5504 | 690 | 1687 | 17392 |
| 21:00 | 1328 | 1625 | 656 | 1028 | 1128 | 2190 | 857 | 320 | 5361 | 679 | 1654 | 16826 |
| 22:00 | 1271 | 1563 | 630 | 982 | 1079 | 2098 | 819 | 301 | 5175 | 669 | 1603 | 16190 |
| 23:00 | 1221 | 1521 | 595 | 944 | 1020 | 1989 | 787 | 282 | 4968 | 660 | 1558 | 15545 |

01/11/2026

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1183 | 1500 | 584 | 925 | 985 | 1875 | 767 | 270 | 4771 | 652 | 1533 | 15045 |
| 01:00 | 1157 | 1475 | 561 | 910 | 953 | 1784 | 750 | 258 | 4592 | 646 | 1508 | 14594 |
| 02:00 | 1141 | 1475 | 545 | 899 | 934 | 1717 | 743 | 248 | 4452 | 646 | 1496 | 14296 |
| 03:00 | 1137 | 1483 | 528 | 894 | 926 | 1678 | 740 | 244 | 4373 | 650 | 1494 | 14147 |
| 04:00 | 1147 | 1507 | 527 | 900 | 926 | 1673 | 747 | 245 | 4349 | 650 | 1500 | 14171 |
| 05:00 | 1167 | 1545 | 534 | 926 | 936 | 1704 | 770 | 254 | 4405 | 658 | 1519 | 14418 |
| 06:00 | 1202 | 1599 | 553 | 961 | 969 | 1770 | 804 | 268 | 4531 | 666 | 1549 | 14872 |
| 07:00 | 1253 | 1669 | 566 | 1003 | 1014 | 1833 | 844 | 284 | 4689 | 675 | 1592 | 15422 |
| 08:00 | 1308 | 1717 | 590 | 1039 | 1062 | 1917 | 882 | 300 | 4873 | 690 | 1624 | 16002 |
| 09:00 | 1325 | 1736 | 608 | 1068 | 1090 | 1979 | 892 | 316 | 5050 | 697 | 1657 | 16418 |
| 10:00 | 1334 | 1743 | 620 | 1072 | 1096 | 2005 | 901 | 328 | 5211 | 697 | 1685 | 16692 |
| 11:00 | 1352 | 1739 | 630 | 1085 | 1127 | 2024 | 901 | 337 | 5339 | 700 | 1701 | 16935 |
| 12:00 | 1350 | 1746 | 636 | 1102 | 1128 | 2047 | 892 | 336 | 5398 | 699 | 1721 | 17055 |
| 13:00 | 1367 | 1776 | 636 | 1112 | 1127 | 2108 | 897 | 336 | 5455 | 698 | 1725 | 17237 |
| 14:00 | 1394 | 1796 | 652 | 1124 | 1157 | 2188 | 924 | 340 | 5511 | 701 | 1734 | 17521 |
| 15:00 | 1441 | 1840 | 668 | 1142 | 1201 | 2288 | 947 | 349 | 5567 | 711 | 1753 | 17907 |
| 16:00 | 1514 | 1899 | 696 | 1186 | 1263 | 2423 | 998 | 366 | 5693 | 722 | 1792 | 18552 |
| 17:00 | 1592 | 1987 | 742 | 1251 | 1353 | 2639 | 1045 | 397 | 5916 | 735 | 1848 | 19505 |
| 18:00 | 1579 | 1969 | 749 | 1238 | 1350 | 2641 | 1042 | 401 | 5924 | 729 | 1837 | 19459 |
| 19:00 | 1545 | 1919 | 741 | 1206 | 1319 | 2593 | 1020 | 394 | 5878 | 724 | 1810 | 19149 |
| 20:00 | 1495 | 1866 | 729 | 1166 | 1284 | 2532 | 990 | 386 | 5801 | 717 | 1780 | 18746 |
| 21:00 | 1426 | 1795 | 704 | 1115 | 1239 | 2431 | 948 | 368 | 5672 | 704 | 1742 | 18144 |
| 22:00 | 1361 | 1729 | 669 | 1064 | 1183 | 2320 | 906 | 348 | 5461 | 699 | 1690 | 17430 |
| 23:00 | 1312 | 1685 | 631 | 1021 | 1123 | 2195 | 874 | 327 | 5215 | 694 | 1644 | 16721 |

01/12/2026

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1280 | 1634 | 613 | 991 | 1080 | 2080 | 870 | 316 | 5024 | 682 | 1614 | 16184 |
| 01:00 | 1264 | 1622 | 595 | 973 | 1055 | 2002 | 846 | 307 | 4873 | 679 | 1592 | 15808 |
| 02:00 | 1259 | 1617 | 583 | 967 | 1042 | 1954 | 845 | 303 | 4767 | 676 | 1579 | 15592 |
| 03:00 | 1265 | 1623 | 576 | 971 | 1039 | 1938 | 847 | 305 | 4724 | 678 | 1582 | 15548 |
| 04:00 | 1296 | 1671 | 584 | 994 | 1059 | 1975 | 867 | 311 | 4778 | 684 | 1603 | 15822 |
| 05:00 | 1364 | 1760 | 618 | 1060 | 1107 | 2100 | 921 | 333 | 5013 | 700 | 1666 | 16642 |
| 06:00 | 1483 | 1910 | 684 | 1156 | 1201 | 2288 | 1010 | 368 | 5465 | 723 | 1770 | 18058 |
| 07:00 | 1557 | 2006 | 727 | 1232 | 1267 | 2427 | 1054 | 389 | 5902 | 733 | 1866 | 19160 |
| 08:00 | 1547 | 2001 | 737 | 1244 | 1258 | 2422 | 1047 | 386 | 6141 | 728 | 1891 | 19402 |
| 09:00 | 1483 | 1948 | 737 | 1221 | 1207 | 2340 | 1009 | 377 | 6243 | 722 | 1894 | 19181 |
| 10:00 | 1427 | 1896 | 727 | 1181 | 1158 | 2238 | 970 | 366 | 6253 | 717 | 1893 | 18826 |
| 11:00 | 1391 | 1846 | 712 | 1165 | 1140 | 2151 | 937 | 357 | 6255 | 713 | 1887 | 18554 |
| 12:00 | 1369 | 1781 | 709 | 1155 | 1113 | 2146 | 910 | 351 | 6245 | 706 | 1873 | 18358 |
| 13:00 | 1369 | 1782 | 705 | 1169 | 1112 | 2193 | 898 | 351 | 6246 | 702 | 1861 | 18388 |
| 14:00 | 1389 | 1800 | 711 | 1173 | 1142 | 2284 | 925 | 350 | 6256 | 704 | 1848 | 18582 |
| 15:00 | 1445 | 1860 | 729 | 1198 | 1203 | 2401 | 957 | 359 | 6310 | 713 | 1858 | 19033 |
| 16:00 | 1534 | 1956 | 754 | 1244 | 1281 | 2568 | 1009 | 376 | 6422 | 723 | 1887 | 19754 |
| 17:00 | 1630 | 2077 | 803 | 1317 | 1380 | 2774 | 1069 | 413 | 6590 | 739 | 1957 | 20749 |
| 18:00 | 1642 | 2071 | 810 | 1310 | 1389 | 2798 | 1071 | 425 | 6522 | 736 | 1955 | 20729 |
| 19:00 | 1615 | 2027 | 795 | 1278 | 1370 | 2745 | 1057 | 419 | 6400 | 729 | 1926 | 20361 |
| 20:00 | 1571 | 1958 | 769 | 1230 | 1338 | 2657 | 1029 | 405 | 6220 | 724 | 1876 | 19777 |
| 21:00 | 1494 | 1868 | 736 | 1162 | 1281 | 2515 | 988 | 385 | 5998 | 713 | 1817 | 18957 |
| 22:00 | 1408 | 1771 | 693 | 1092 | 1208 | 2356 | 942 | 356 | 5675 | 703 | 1740 | 17944 |
| 23:00 | 1349 | 1710 | 642 | 1036 | 1141 | 2208 | 902 | 331 | 5346 | 698 | 1675 | 17038 |