NWS Store Prediction Center Norman CK 1109 PM CST Mon Nov 28 2022

Severe thunderstores capable of producing tornadoes, very large hail, and a few severe wind gusts are expected this afternoon into the overnight period across parts of the lower to mid Rississippi Valley and parts of the Southeast. A few strong tornadoes will be

A surface low will deepen while tracking from Kansas to the Great across the CMUTN Valleys into the Southeast. As such, strong deep-layer flow and shear will overlap with a moistening, destabilizing airmans from late morning to marly evening from to lower MS Valley east-northeastward. Several strong to intense robust severe threat, particularly across the Southeast, where

Strong warm-air advection should be underway across the Lower FS Valley at the start of the period (122), with rich boundary-layer moisture being transported northward by a 48-58 kt southwesterly low-level jet. Through the day, at least modest surface heating should support surface temperatures rising into the lower 70% F smid upper 60s F dewpoints within the warm-air advection regime, where an increase in thunderstorms is also expected. 58-78 kts of west-southwesterly 500 mb flow and 6.5+ C/km lapse rates will overspread the lower MS Valley and the ware-air advection regime by early afternoon, contributing up to 1900 3/kg MLCAPE, which is

Stores should eventually root into a gradually deepening boundary overlapping southwesterly low-level and westerly mid-level jets. Large, curved low-level hodographs with mid/upper-level elongation will support well over 50 kts of effective bulk shear, and 300-500 82/82 effective SBH. Supercell structures are expected initially. with large hall, tornadoes, and a few severe gusts all likely. A few instances of 2+ inch diameter hall and/or strong tornadoes are stronger surface heating/buoyancy, a long-tracked and intense suggests this scenario would be most likely across central Mi, where front and greater low-level convergence approaches. Danaging gusts should then become the main threat, though a few tornadoes resain

... Parts of the CHVTN Valley into early evening...

A strong surface cold front should sweep across the CH/TN Valleys through the late afternoon and evening hours as the deepening tropospheric wind fields will be strong, with 55+ kts of flow likely just 1 km AGL. Downward momentum transport within this line may gusts also possible, warranting the introduction of Category

... East TX/OK to the Lower Mississippi Valley... Have upgraded to a tornado-driven Moderate risk cente 0345 AM CST Mon Dec 12 2022 Ark-La-Tex to central AR with the potential for sever valid 1512002 - 2012002 occur within this region late today through tonight.

Middle 60s surface dew points are prevalent from cent s/Friday -- during which time a cold front is progged to shift Ark-La-Tex and should be diurnally maintained ahead o ecross Georgia/the Carolinas/Florida. Beyond Day 5, models begin to across eastern OK and most of AR. A swath of 50+ kt 8 across the Upper Great Lakes/Upper Hississippi Valley vicinity. southerlies will persist, yielding increasing boundar moisture through this evening beneath an elevated mix Carolinas, and shifts southward across Florida, some severe-weather should result in a broad plume of MLCAPE from 1500-25 potential is expected continue, with strong stores likely ongoing at Mid-level height falls in confunction with confluent the start of the period. With sufficient instability anticipated, resulting statuted storms developing in monocontil inhibitation of course storal AR all districts storal storal outside and develop at TXLK. Elear of la-livel and traphs which easing see the energy, 11 year all

during the evening, the potential for a several hour 5/friday, with the front expected to reach/clear far southern numerous supercells traversing the Ark-La-Tex to cent I comidence in the possibility of sev Beyond Day 5, the model solutions diverge, the general

Discussions growth into one or more larger QLCSs that accelerate eastw MMS Storm Prediction Center Norman OK

an evolution will favor a potentially widespread damaging 1150 PM CST Mon Nov 07 2022 wind/embedded tornado threat continuing east into early Sa Overall intensity should be tempered to some degree by con Valid 081200Z - 091200Z outpacing surface-based instability, especially with north extent.

... Mid-MO Valley to the Ozarks...

Ahead of the aforementioned dry line, the warm sector will strongly capped early today, owing to a robust elevated mi ... piscussion... 1/kg of MLCAPE. Isolated to widely scattered thunderstorms Mississippi Valley eastward to the Atlantic Coast. Out west, a

MAS Storm Prediction Center Norman OK

...DISCUSSION... Medium-range models are in reasonably good agreement through Day diverge with respect to devolution of the upper low as it drifts

On Day 4/Thursday, as the cold front crosses Georgia and the coastal along with favorable shear for organized/rotating storms, expect

orecas Florida and the Keys through the first half of the Day 5 period.

... NO SEVERE THUNDERSTORM AREAS FORECAST...

Organized severe thunderstorms are unlikely across the continental

U.S. today and tonight.

However, as large-scale ascent notably increases this afte At upper-levels, a low will move inland across northern California cooling/moistening around 700mb, diabatic heating, and rel today as flow remains southwesterly across much of the western half modest boundary-layer moisture return will foster around 1 of the nation. An upper-level ridge will remain in place across the eastern U.S. At the surface, high pressure will dominate from the expected to develop during the late afternoon, from the su dual-centered low will move into northern California and central south along the dryline. Elongated straight-line hodograph Nevada by afternoon. Widespread large-scale ascent, associated with likely yield splitting supercells with very large hail the the upper-level system, will make thunderstorm development possible hazard. Rather warm surface temperatures in the 80s and dr today across much of California and the Intermountain West. Isolated to scattered thunderstorms will also be possible today from Oklahoma aloft should tend to support outflow-dominated supercells. north-northeastward into the upper Mississippi Valley, along and the tornado threat may become maximized in a narrow corrid near a corridor of strong low-level flow. Isolated to scattered the warm front across southwest IA. Storm intensity will n thunderstorms may also develop in parts of south Texas and across the Florida Peninsula. No severe threat is expected today or tonight

ISK OF SEVERE THUNDERSTORMS FROM PARTS OF THE EASTERN TEXAS PANHANDLE TO WESTERN AND

RISK OF SEVERE THUNDERSTORMS OVER PARTS OF NEW ENGLAND ...

foes, some potentially long-track and violent, to this evening over portions of northwest Texas tral Oklahoma. More isolated but still s severe weather, including tornadoes and i hail, is possible in surrounding parts of es, and Arkansas.

forecast to unfold this afternoon and evening at TX and western/central OK. Moisture northward across the region, with despoints in / high afternoon MLCAPE values of 3000-5000 tar profiles are also rapidly increasing as a low-level jet strenghens across the area. This combination of extreme instability and large ed on forecast soundings throughout the region.

ng inversion, strong low-level theta-e

prnadoes, very large hail, stest concern, including a lent tornadoes, will extend tern and central Oklahoma. ected to affect these areas,

procing, all signs point to

that persists in this

rcells this afternoon across

r west TX and spreading . These storms will winds, and isolated

ver New England and eastern e air mass is present. pected to form in this area, nd coast during the late ates and westerly flow aloft nds and some hail in the

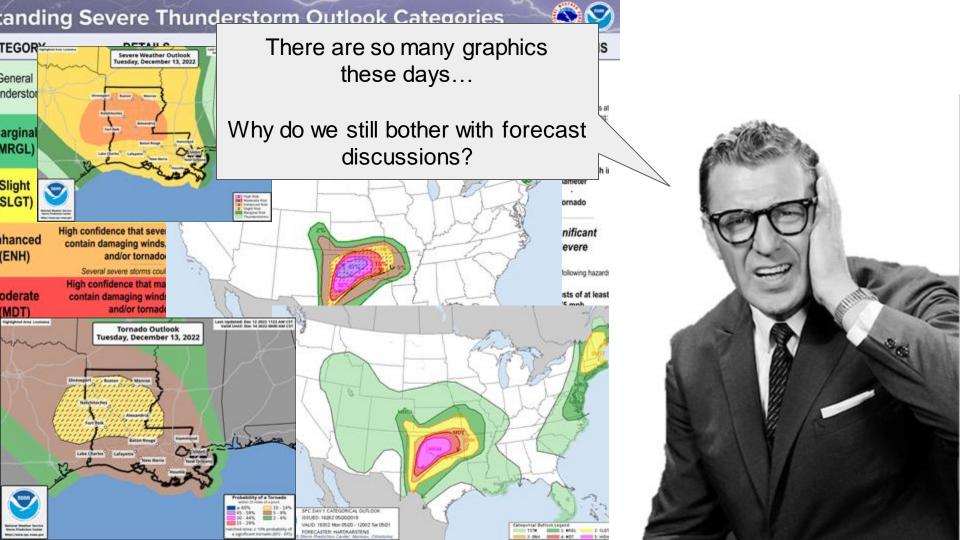
across the continental United States.

Forecast Journals

Your task:

- Use observations and short/long range models to create a series of SPC-style Day 1 convective outlooks.
- Each journal will have three parts:
 - 1. An SPC-style outlook graphic (categorical only, no individual hazards required)
 - 2. A Day 1 forecast discussion.
 - 3. Post event verification and discussion
- Your forecast journal will NOT be graded on forecast accuracy, but WILL be graded on:
 - Meteorological concepts and consistency
 - Incorporation of various observation networks (no model-only forecasts)
 - Spelling and grammar

Please see the online rubric for further instructions and expectations.



Why does the NWS still write forecast discussions?



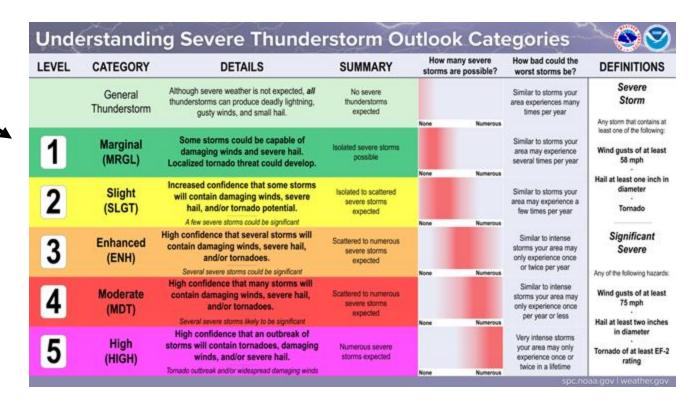


Graphics are great, but they can't convey all of the forecast information

All of this text is needed to just explain the SPC Convective Outlook Graphic.

We can't expect the public to know these details or the nuance of each forecast.

This nuance is best conveyed via the forecast discussion.



The most important concept:

Know your audience

Writing for other meteorologists:

- WHAT
- WHERE
- WHEN
- WHY
- CONFIDENCE
- POTENTIAL IMPACTS

Gives mets the scientific information they need to craft their local message to public/partners.

Writing for decision makers and/or public:

- WHAT
- WHERE
- WHEN
- WHY
- CONFIDENCE
- POTENTIAL IMPACTS

Allows decision makers and the public to make informed decisions and take action. They don't necessarily care about "why" an event is occurring.

The most important concept:

Note: In this class we're going to focus on the "WHY" to help build our intuition of severe weather forecasting.

Writing for other meteorologists:

- WHAT
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Allows decision makers and the public to make informed decisions and take action. They don't necessarily care about "why" an event is occurring.

Anatomy of a Forecast Discussion

Summary/Bottom Line Up Front

Summaries the main/most important point of the discussion. Ask yourself "If people take one thing away from my discussion, what is it?"

Example: "Strong to severe thunderstorms are possible after 3 PM today for central Oklahoma."

Synopsis/Feature Identification

Discusses main synoptic features and how they should evolve over the forecast period. Example: "The surface low is forecast to deepen as it moves east into AR."

Detailed Forecast Information

Goes into more regional-focused detail regarding the severe weather potential. Discusses how the convective environment should evolve, convective modes, trends, main hazards, etc...

Confidence Communication

Conveys confidence in the forecast outlined above. Should include the most likely scenario as well as best/worst case potential outcomes and conditional risks.

Example: "A severe storm or two is possible *if* convection can initiate along the dryline before sunset."

Anatomy of a Forecast Discussion

Summary/Bottom Line Up Front

Synopsis/Feature Identification

Detailed Forecast Information

Confidence Communication

...THERE IS AN ENHANCED RISK OF SEVERE THUNDERSTORMS ACROSS PARTS OF THE MID MISSISSIPPIVALLEY...

...SUMMARY...

Scattered severe thunderstorms should develop across the Mid Mississippi Valley late Sunday afternoon. Hall, wind, and some threat for a few tomadoes will spread toward central Illinois during the evening hours.

...Mid Mississippi Valley ...

Late-evening model guidance suggests upper ridge will build across the southern Plains and strengthen during the day1 period. This feature will force a notable short-wave tough currently located over WY to top the ridge over eastern SDINE around 18z before it turns southeast and digs toward the OH Valley by 19/12z. As a result, broad height rises will be noted across much of the western/central US during the first half of the period.

Early this moming thunderstorn dusters continue across southern IA with more isolated activity into eastern KS. This activity is likely being sustained by a focused LLJ that should move little over the next 35hr, aside from veering toward central IL Sunday evening. Remnants of this convection are expected to be orgoing at he beginning of the period from southeast IA into central IL. Latest guidance suggests weakening is likely after sunrise, though it may not completely dissipate as it propagates southeast While marginally severe halfwind could occur with this early-period convection, the primary concern for more significant severe will occur later in the aftermoon/evening as influence of the aforementioned short were approaches.

Strong boundary-layer heating is forecast once again across KS where surface temperatures may approach 100F in the central part of the state. Readings into the low-mid 90s are possible across northwest MO. If this occurs convective temperatures may be breached around 22z. There is some concern that isolated convection could develop along the boundary shortly after peak heating but large-scale forcing will not be particularly focused before sunset. However, as the short wave digs southeast, scattered convection will likely developinear the boundary over central IA. Forecast soundings favor supercells, which should mature and dig east-southeast toward a very unstable air mass with MUCAPE in excess of 4000 J/kg. Very steep lapse rates and favorably forced/sheared environment suggest very large hail with the stronger storms. Additionally, while these updrafts may be slightly elevated, low-level shear appears favorable for some risk of tornadoes. Latest HREF guidance supports this scenario with a cluster of supercells evolving over IA and growing upscale as they spread toward central IL during the late evening. Damaging winds may also occur, especially if storm mergers and bow-type features evolve.

Example discussion from 06Z Day 1 Sept 18, 2022

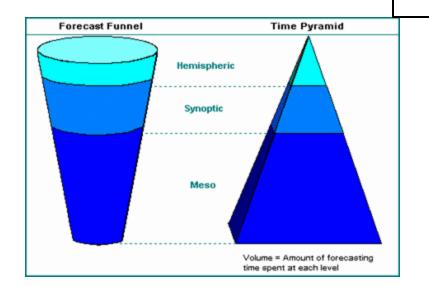


Use words to paint a picture of the severe weather forecast!



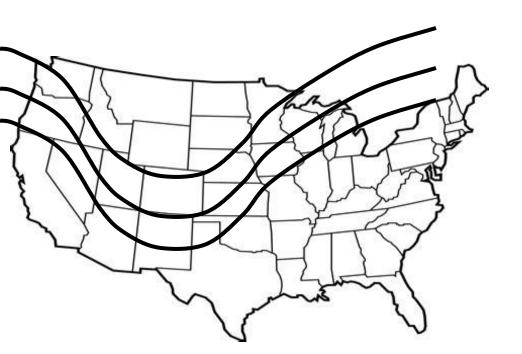
Use the forecast funnel to structure your discussion.

Start at the synoptic scale and work down!





A 500 mb trough will move east...

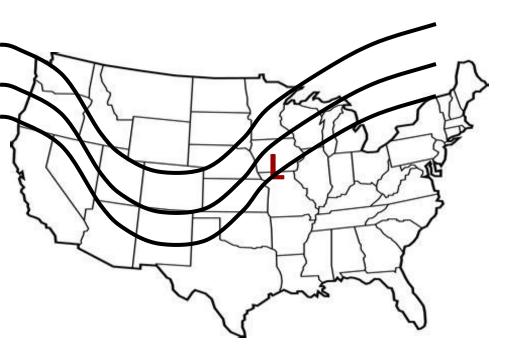


Use words to paint a picture of the severe weather forecast!



A 500 mb trough will move east...

Which will help deepen a low over NE...



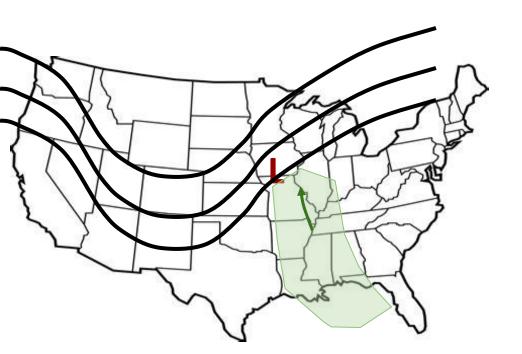
Use words to paint a picture of the severe weather forecast!



A 500 mb trough will move east...

Which will help deepen a low over NE...

In response, southerly winds will increase and draw moisture northward into MO...



Use words to paint a picture of the severe weather forecast!

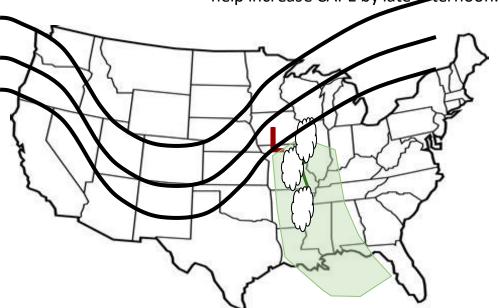


A 500 mb trough will move east...

Which will help deepen a low over NE...

In response, southerly winds will increase and draw moisture northward into MO...

The additional moisture and sunny conditions will help increase CAPE by late afternoon...



Use words to paint a picture of the severe weather forecast!



A 500 mb trough will move east...

Which will help deepen a low over NE...

In response, southerly winds will increase and draw moisture northward into MO...

The additional moisture and sunny conditions will

help increase CAPE by late afternoon...



Use words to paint a picture of the severe weather forecast!



A 500 mb trough will move east...

Which will help deepen a low over NE...

In response, southerly winds will increase and draw moisture northward into MO...

The additional moisture and sunny conditions will

help increase CAPE by late afternoon...



Excellent Work!

Notice how nicely the discussion flows. Each line builds on the previous sentence and supports the next sentence, leading to main point!



Keep in mind:

Use only as many words as necessary!

Calm weather = fewer words.

Impactful weather = more words.



Day 1 Convective Dutlook NAS Store Prediction Center Norman CK 1109 PM CST Mon Nov 28 2022

Valid 2012002 - 3012002

... THERE IS A MODERATE RISK OF SEVERE THEADERSTORMS ACROSS FAR EAST-CENTRAL LOUISIANA INTO CENTRAL MISSISSIPPI...

Severe thunderstores capable of producing tornadoes, very large hail, and a few severe wind gusts are expected this afternoon into the overnight period across parts of the lower to mid Mississippi Valley and parts of the Southeast. A few strong tornadoes will be

...Synopsis...

A surface low will deepen while tracking from Kansas to the Great Lakes today, accompanied by an eastward advancing upper trough. A strong mid-level jet stream will overspread an intense low-level jet across the CMUTN Valleys into the Southeast. As such, strong deep-layer flow and shear will overlap with a moistening, destabilizing airmans from late morning to early evening from the lower MS Valley east-northeastward. Several strong to intense thunderstorms are expected to organize and promote a relatively robust severe threat, particularly across the Southeast, where regionally higher instability should reside.

... Portions of the Lower MS Valley today into early tonight ... Strong warm-air advection should be underway across the Lower MS Valley at the start of the period (122), with rich boundary-layer moisture being transported northward by a 48-58 kt southwesterly low-level jet. Through the day, at least modest surface heating should support surface temperatures rising into the lower 70s F smid upper 60s F dewpoints within the warm-air advection regime, where an increase in thunderstorms is also expected. 58-78 kts of west-southwesterly 500 mb flow and 6.5+ C/km lasse rates will overspread the lower MS Valley and the ware-air advection regime by early afternoon, contributing up to 1900 3/kg MLCAPE, which is adequate in supporting a severe threat.

Storms should eventually root into a gradually deepening boundary layer during the afternoon, taking advantage of the strong deep-layer and low-level speed/directional shear provided by the overlapping southwesterly low-level and westerly mid-level jets. Large, curved low-level hodographs with mid/upper-level elongation will support well over 50 kts of effective bulk shear, and 300-500 82/82 effective SBH. Supercell structures are expected initially. with large hall, tornadoes, and a few severe gusts all likely. A few instances of 2+ inch dismeter hail and/or strong tornadoes are possible with the more robust supercells. Should a more dominant supercell develop, remain discrete, and traverse an axis of locally stronger surface heating/buoyancy, a long-tracked and intense tornado may occur. The latest high-resolution guidance consensus suggests this scenario would be most likely across central Mi, where a Category 4/Moderate risk is in place. Later at night, storms should grow upscale into more linear segments as the surface cold front and greater low-level convergence approaches. Damaging gusts should then become the main threat, though a few tornadoes remain

... Parts of the OH/TN Valley into early evening...

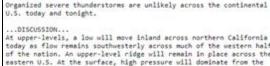
A strong surface cold front should sweep across the CR/TN Valleys through the late afternoon and evening hours as the deepening surface low tracks across the Great Lakes. Strong convergence along the cold front should force a low-topped band of convection. Ambient tropospheric wind fields will be strong, with 55+ kts of flow likely just 1 km AGL. Downward momentum transport within this line may foster strong, occasionally damaging gusts, with a couple of severe gusts also possible, warranting the introduction of Category 1/Marginal probabilities this outlook.

SPC DAY I CATEGORICAL OUTLOOK Day 1 Convective Outlook ISSUED: 0550Z 11/08/2022 NWS Storm Prediction Center Norman OK VALID: 1200Z Tue 11/08 - 1200Z Wed 11/09 Categorical Outlook Legend: 1158 PM CST Mon Nov 87 2822 TSTM 2: SLGT FORECASTER: BRDVLES/THORNTON Storm Prediction Center, Norman, Oklahoma Valid 0812007 - 0912002 ... NO SEVERE THUMDERSTORM AREAS FORECAST...

High Impact



Low Impact



today as flow remains southwesterly across much of the western half of the nation. An upper-level ridge will remain in place across the eastern U.S. At the surface, high pressure will dominate from the Mississippi Valley eastward to the Atlantic Coast, Out west, a dual-centered low will move into northern California and central Nevada by afternoon, Widespread large-scale ascent, associated with the upper-level system, will make thunderstorm development possible today across much of California and the Intermountain West. Isolated to scattered thunderstorms will also be possible today from Oklahoma north-northeastward into the upper Mississippi Valley, along and near a corridor of strong low-level flow. Isolated to scattered thunderstorms may also develop in parts of south Texas and across the Florida Peninsula. No severe threat is expected today or tonight across the continental United States.

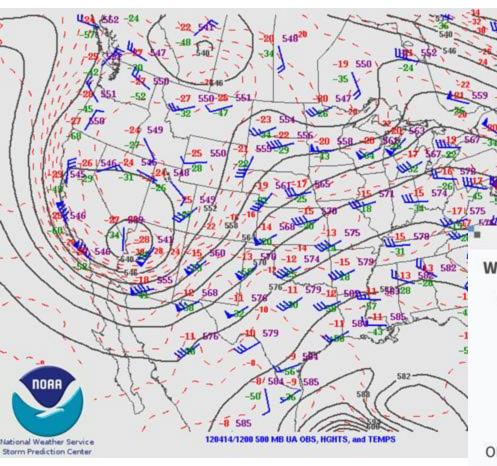
..Brayles/Thornton.. 11/08/2022

.5quitier1/Darrow.. 11/29/2022

Group Discussion

As a class, let's create a forecast discussion as we analyze weather data.

Feature/Ingredient	Expected Change	Why?
500 mb trough		
850 mb Trough/Low		
850 mb Moisture (over west OK/KS)		
Deep layer shear (over west OK/KS)		



Question #2

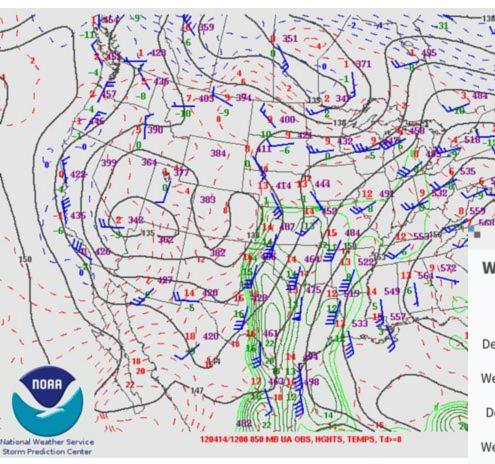
Consider the 500 mb chart to the left...

- 1) Where will the low be in 12 hours?
- 2) What will happen to winds at 500 mb over western OK and KS?

When poll is active, respond at pollev.com/severeclass641

Where will the 500 mb low be in 12 hours? Will the 500 mb winds over western OK/KS strengthen or weaken in 12 hours?

Four Corners; Weaken
OK/TX Panhandles; Weaken
Four Corners; Strengthen
OK/TX Panhandles; Strengthen



Question #2

Consider the 850 mb chart to the left...

- 1) Will the 850 mb low deepen?
- 2) What will this due to moisture content over northern OK/KS?

When poll is active, respond at pollev.com/severeclass641

Will the 850 mb low deepen? What will this do to moisture content over western OK/KS?

Deepen; decrease moisture content

Weaken; decrease moisture content

Deepen; increase moisture content

Weaken; decrease moisture content



Feature/Ingredient	Expected Change	Why?
500 mb trough		
850 mb Trough/Low		
850 mb Moisture (over west OK/KS)		
Deep layer shear (over west OK/KS)		

Feature/Ingredient	Expected Change	Why?
500 mb trough	Translate east; minimal deepening	Eastward CVA (shortwave) Weak CAA underneath
850 mb Trough/Low		
850 mb Moisture (over west OK/KS)		
Deep layer shear (over west OK/KS)		

Feature/Ingredient	Expected Change	Why?
500 mb trough	Translate east; minimal deepening	Eastward CVA (shortwave) Weak CAA underneath
850 mb Trough/Low	Deepen; remain in place	DCVA over Rockies, Lee troughing, weak WAA
850 mb Moisture (over west OK/KS)		
Deep layer shear (over west OK/KS)		

Feature/Ingredient	Expected Change	Why?
500 mb trough	Translate east; minimal deepening	Eastward CVA (shortwave) Weak CAA underneath
850 mb Trough/Low	Deepen; remain in place	DCVA over Rockies, Lee troughing, weak WAA
850 mb Moisture (over west OK/KS)	Increase	Northerly moisture advection
Deep layer shear (over west OK/KS)		

Feature/Ingredient	Expected Change	Why?
500 mb trough	Translate east; minimal deepening	Eastward CVA (shortwave) Weak CAA underneath
850 mb Trough/Low	Deepen; remain in place	DCVA over Rockies, Lee troughing, weak WAA
850 mb Moisture (over west OK/KS)	Increase	Northerly moisture advection
Deep layer shear (over west OK/KS)	Increase	Stronger 500 mb flow moving overhead as trough moves east

Feature/Ingredient	Expected Change	Why?
500 mb trough	Translate east; minimal deepening	Eastward CVA (shortwave) Weak CAA underneath
850 mb Trough/Low	Deepen; remain in place	DCVA over Rockies, Lee troughing, weak WAA
850 mb Moisture (over west OK/KS)	Increase	Northerly moisture advection
Deep layer shear (over west OK/KS)	Increase	Stronger 500 mb flow moving overhead as trough moves east

These last two will increase the potential for organized, severe convection!

Concepts -> Discussion

Feature/Ingredient	Expected Change	Why?
500 mb trough	Translate east; minimal deepening	Eastward CVA (shortwave) Weak CAA underneath

Discussion Sentence(s)

The 500 mb trough noted in the 12Z analysis over southern Nevada is forecast to translate east through the day into the Four Corners region by 00Z with minimal deepening due to strong cyclonic vorticity advection atop of weak low to mid-level cold advection.

Feature/Ingredient	Expected Change	Why?
850 mb Trough/Low	Deepen; remain in place	DCVA over Rockies, Lee troughing, weak WAA







Concepts -> Discussion

Feature/Ingredient	Expected Change	Why?
850 mb Trough/Low	Deepen; remain in place	DCVA over Rockies, Lee troughing, weak WAA

Discussion Sentence(s)

A weak lee trough is noted at 850 mb from eastern CO southward into northeast NM. This lee trough will deepen through the day over eastern CO as strong differential cyclonic vorticity advcetion aloft overspreads the region in tandem with an increasing zonal flow component over the central Rockies.

Feature/Ingredient	Expected Change	Why?
850 mb Moisture (over west OK/KS)	Increase	Northerly moisture advection
Deep layer shear (over west OK/KS)	Increase	Stronger 500 mb flow moving overhead as trough moves east

Discussion Sentence(s)

12Z analyses also revealed northward moisture advection across western TX and OK. This should help augment low to mid-level moisture across northwest OK and western to central KS by late afternoon.

Additionally, deep layer wind shear is expected to increase by late afternoon/early evening as 500 mb flow strengthens in response to the approach of the upper-level trough and its associated jet streak.

The combination of increasing moisture as well as deep-layer shear across northwest OK and KS may help enhance the potential for severe weather this afternoon and evening.

Our Map-Based Discussion

Synopsis

The 500 mb trough noted in the 12Z analysis over southern Nevada is forecast to translate east through the day into the Four Corners region by 00Z with minimal deepening due to strong cyclonic vorticity advection atop of weak low to mid-level cold advection.

A weak lee trough is noted at 850 mb from eastern CO southward into northeast NM. This lee trough will deepen through the day over eastern CO as strong differential cyclonic vorticity advection aloft overspreads the region in tandem with an increasing zonal flow component over the central Rockies.

Northwest OK and KS Forecast Details

12Z analyses also revealed northward moisture advection across western TX and OK. This should help augment low to mid-level moisture across northwest OK and western to central KS by late afternoon.

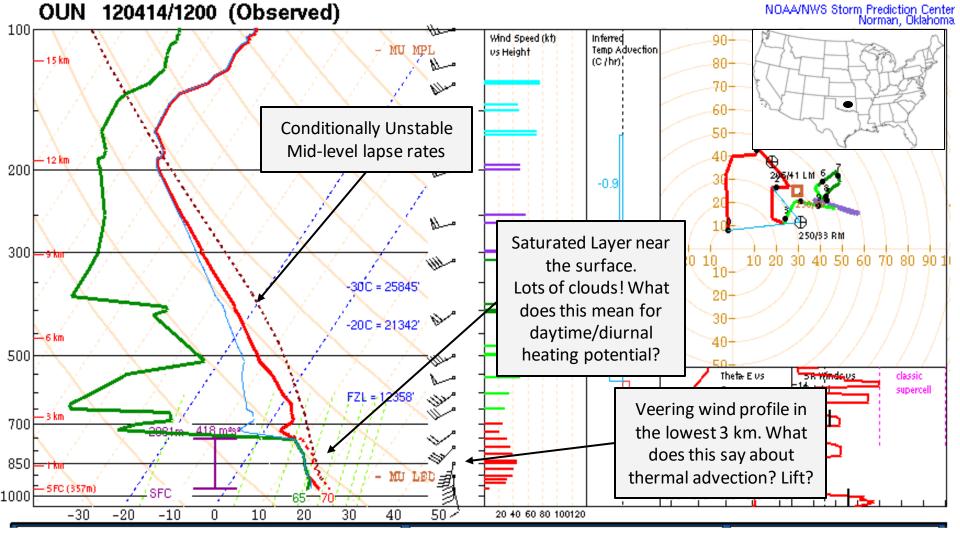
Additionally, deep layer wind shear is expected to increase by late afternoon/early evening as 500 mb flow strengthens in response to the approach of the upper-level trough and its associated jet streak.

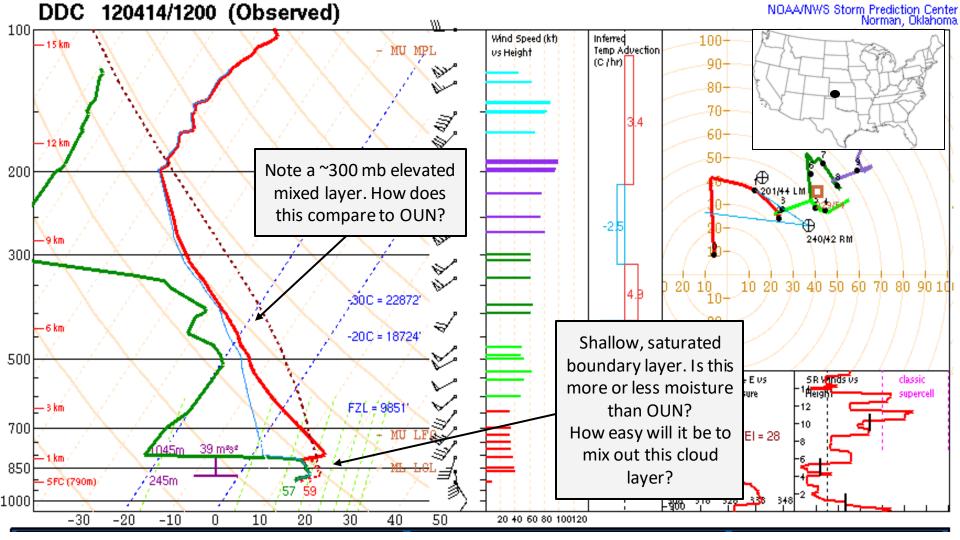
The combination of increasing moisture as well as deep-layer shear across northwest OK and KS may help enhance the potential for severe weather this afternoon and evening.

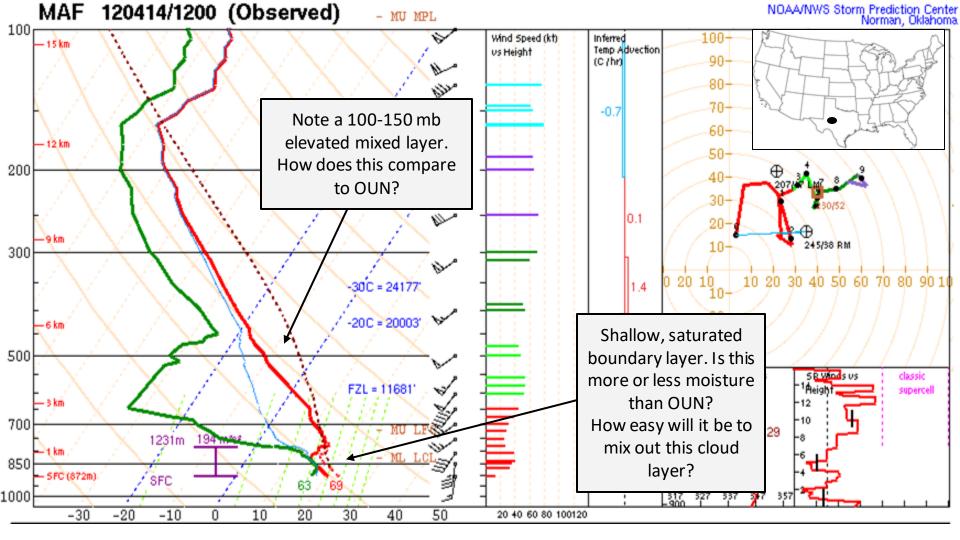
Same day... but now with soundings! Expected 12z to 00z changes at OUN

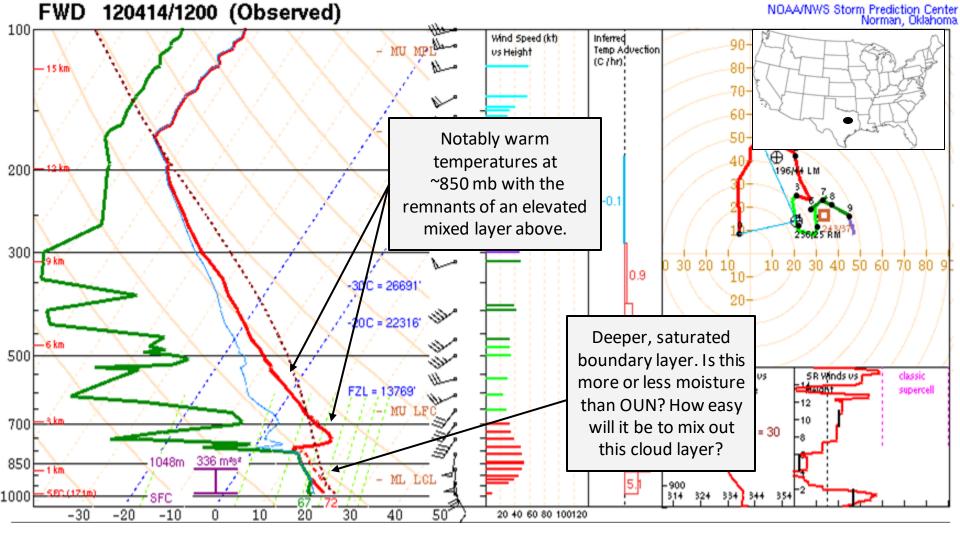
Feature/Ingredient	Expected Change	Why?
700 - 500 mb lapse rates		
Lowest 100 mb mean mixing ratio		

Keep the previous upper-air maps in mind!









What will happen to the 700-500 mb lapse rates? Will the lowest 100 mb mixing ratio increase or decrease?

Steepen; increase

Steepen; decrease

Become more shallow; increase

Become more shallow; decrease





Feature/Ingredient	Expected Change	Why?
700 - 500 mb lapse rates		
Lowest 100 mb mean mixing ratio		

Keep the previous upper-air maps in mind!

Feature/Ingredient	Expected Change	Why?
700 - 500 mb lapse rates	Steepen	WAA at 700 mb and neutral temperature advection at 500 mb from MAF. In other words, the eastward advection of an EML.
Lowest 100 mb mean mixing ratio		

Keep the previous upper-air maps in mind!

Feature/Ingredient	Expected Change	Why?
700 - 500 mb lapse rates	Steepen	WAA at 700 mb and neutral temperature advection at 500 mb from MAF. In other words, the eastward advection of an EML.
Lowest 100 mb mean mixing ratio	Remain about the same	Similar moisture content and depth upstream at FWD moving northward towards OUN. This mitigates the effect of vertical mixing as the boundary layer diurnally deepens!

Keep the previous upper-air maps in mind!

Feature/Ingredient	Expected Change	Why?
700 - 500 mb lapse rates	Steepen	WAA at 700 mb and neutral temperature advection at 500 mb from MAF. In other words, the eastward advection of an EML.
Lowest 100 mb mean mixing ratio	Remain about the same	Similar moisture content and depth upstream at FWD moving northward towards OUN. This mitigates the effect of vertical mixing as the boundary layer diurnally deepens!

Steepening mid-level lapse rates while maintaining rich boundary-layer moisture will increase buoyancy!

Feature/Ingredient	Expected Change	Why?
700 - 500 mb lapse rates	Steepen	WAA at 700 mb and neutral temperature advection at 500 mb from MAF. In other words, the eastward advection of an EML.

Discussion Sentence(s)

Morning regional soundings show steep mid-level lapse rates within an EML over west TX and SW KS that will likely overspread into OK and central KS within a west/southwesterly flow regime within the 700-500 mb layer. This will likely result in steepening lapse rates over OK by 00Z.

Feature/Ingredient	Expected Change	Why?
Lowest 100 mb mean mixing ratio	Remain about the same	Similar moisture content and depth upstream at FWD moving northward towards OUN. This mitigates the effect of vertical mixing as the boundary layer diurnally deepens!

Discussion Sentence(s)

Write a 1-2 sentence discussion.





Feature/Ingredient	Expected Change	Why?
Lowest 100 mb mean mixing ratio	Remain about the same	Similar moisture content and depth upstream at FWD moving northward towards OUN. This mitigates the effect of vertical mixing as the boundary layer diurnally deepens!

Discussion Sentence(s)

The 12Z OUN sounding reveals a deep, saturated boundary-layer. Overcast skies, coupled with continued warm air advection within the lowest 3 km, may hinder diurnal heating and boundary layer mixing to a degree, which will help maintain low-level moisture through the day. Any vertical mixing of moisture that does occur will likely be replenished by ample boundary-layer moisture noted in the upstream FWD sounding.

Our Sounding-Based Discussion

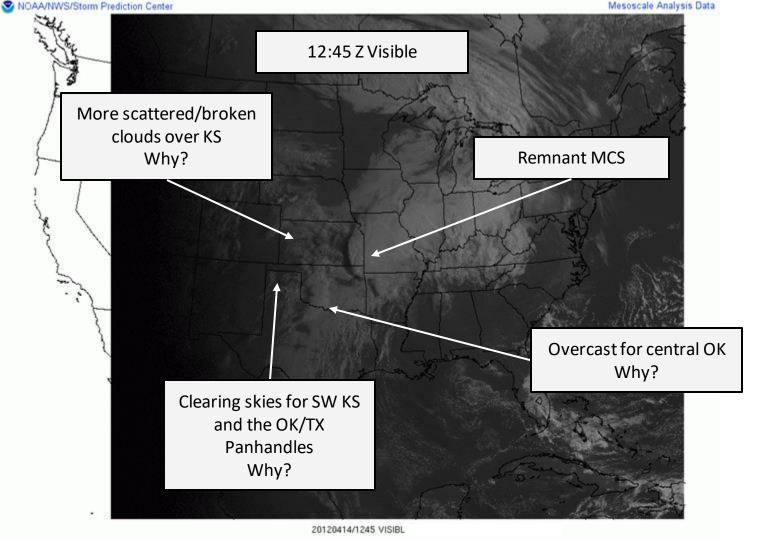
12Z Sounding analysis suggests that the convective environment should become more favorable for severe convection across central OK by 00Z as instability increases.

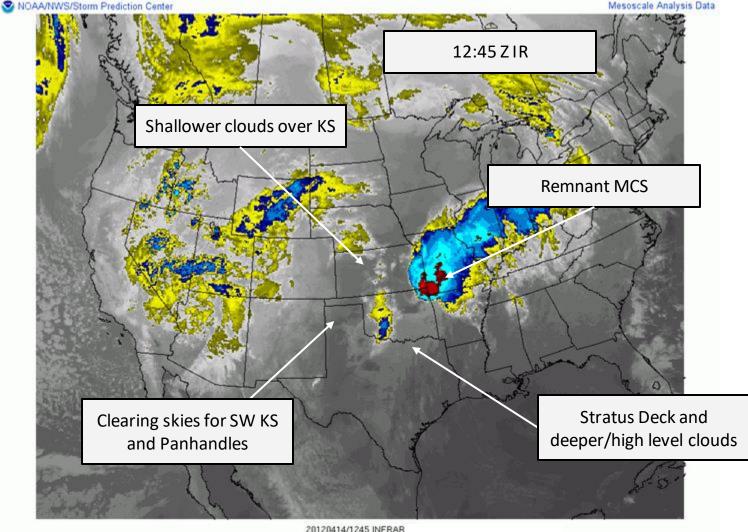
Morning regional soundings show steep mid-level lapse rates within an EML over west TX and SW KS that will likely overspread into OK and central KS within a west/southwesterly flow regime within the 700-500 mb layer. This will likely result in steepening lapse rates over OK by 00Z.

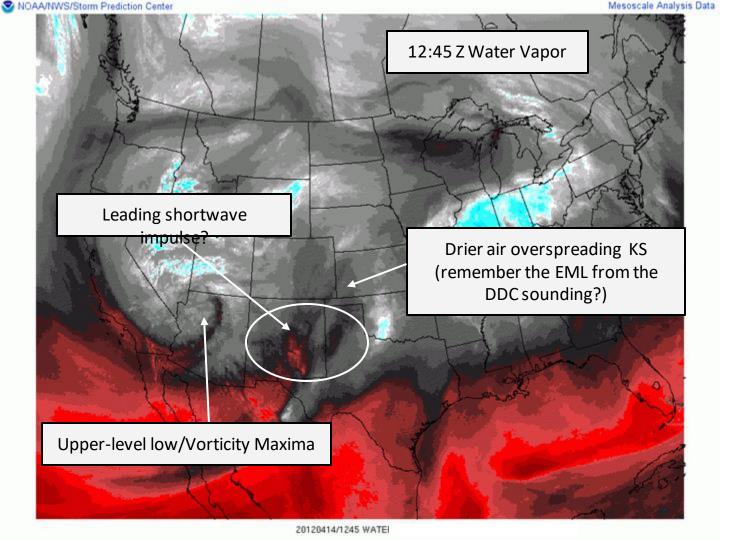
The 12Z OUN sounding reveals a deep, saturated boundary-layer. Overcast skies, coupled with continued warm air advection within the lowest 3 km, may hinder diurnal heating and boundary layer mixing to a degree, which will help maintain low-level moisture through the day. Any vertical mixing of moisture that does occur will likely be replenished by ample boundary-layer moisture noted in the upstream FWD sounding.

The combination of steepening lapse rates atop ample boundary-layer moisture will help increase instability by late afternoon.

Feature/Ingredient	Expected Change	Why?
Cloud Cover		
Diurnal Heating Efficiency		







Which of the following do you expect to happen across western OK/KS in the next few hours?

Clearing skies

Increasing Clouds

Strong diurnal warming at the surface

Weak diurnal warming at the surface





Feature/Ingredient	Expected Change	Why?
Cloud Cover		
Diurnal Heating Efficiency		

Feature/Ingredient	Expected Change	Why?
Cloud Cover	Continued clearing for NW OK (until convection develops)	Dry air at mid-upper levels overspreading SW KS (from water vapor imagery) with early signs of partial clearing in visible imagery. Also, the saturated boundary layer at DDC is shallower/easier to mix out by afternoon.
Diurnal Heating Efficiency		

Feature/Ingredient	Expected Change	Why?
Cloud Cover	Continued clearing for NW OK (until convection develops)	Dry air at mid-upper levels overspreading SW KS (from water vapor imagery) with early signs of partial clearing in visible imagery. Also, the saturated boundary layer at DDC is shallower/easier to mix out by afternoon.
Diurnal Heating Efficiency	Strong diurnal heating for NW OK.	Fewer clouds will allow for better diurnal warming.

Feature/Ingredient	Expected Change	Why?
Cloud Cover	Continued clearing for NW OK (until convection develops)	Dry air at mid-upper levels overspreading SW KS (from water vapor imagery) with early signs of partial clearing in visible imagery. Also, the saturated boundary layer at DDC is shallower/easier to mix out by afternoon.

Discussion Sentence(s)

Recent satellite imagery shows a stratus deck over central OK with decreasing clouds to the north/northwest into NW OK. Drier air aloft overspreading SW KS (per water vapor imagery) and gradual mixing of a shallow moist boundary layer (per the 12 Z DDC sounding) may allow for mostly clear to partly cloudy skies by early afternoon.

Feature/Ingredient	Expected Change	Why?
Diurnal Heating Efficiency	Poor diurnal heating for central OK; better diurnal heating for SW KS.	Cloud cover will likely persist for central OK, fewer clouds are expected for SW KS.

Discussion Sentence(s)

Mostly clear to partly cloudy skies across northwest OK into KS will allow for strong daytime heating and aid in destabilization by late afternoon.

Here we tie in the observed trends directly into our severe weather forecast!

Write a 3-5 sentence discussion.





Our Satellite-Based Discussion

Recent satellite imagery shows a stratus deck over central OK with decreasing clouds to the north/northwest into NW OK. Drier air aloft overspreading SW KS (per water vapor imagery) and gradual mixing of a shallow moist boundary layer (per the 12 Z DDC sounding) may allow for mostly clear to partly cloudy skies by early afternoon.

Mostly clear to partly cloudy skies across northwest OK into KS will allow for strong daytime heating and aid in destabilization by late afternoon.

Our Combined Discussion

Synopsis

The 500 mb trough noted in the 12Z analysis over southern Nevada is forecast to translate east through the day into the Four Corners region by 00Z with minimal deepening due to strong cyclonic vorticity advection atop of weak low to mid-level cold advection. A weak lee trough is noted at 850 mb from eastern CO southward into northeast NM. This lee trough will deepen through the day over eastern CO as strong differential cyclonic vorticity advection aloft overspreads the region in tandem with an increasing zonal flow component over the central Rockies.

Northwest OK Forecast Details

12Z analyses also revealed northward moisture advection across western TX and OK. This should help augment low to mid-level moisture across northwest OK and western to central KS by late afternoon. Additionally, deep layer wind shear is expected to increase by late afternoon/early evening as 500 mb flow strengthens in response to the approach of the upper-level trough and its associated jet streak. The combination of increasing moisture as well as deep-layer shear across northwest OK and KS may help enhance the potential for severe weather this afternoon and evening.

12Z Sounding analysis suggests that the convective environment should become more favorable for severe convection across central OK by 00Z as instability and deep-layer shear increase. Morning regional soundings show steep mid-level lapse rates within an EML over west TX and SW KS that will likely overspread into OK and central KS within a west/southwesterly flow regime within the 700-500 mb layer. This will likely result in steepening lapse rates over OK by 00Z. The 12Z OUN sounding reveals a deep, saturated boundary-layer. Overcast skies, coupled with continued warmair advection within the lowest 3 km, may hinder diurnal heating and boundary layer mixing to a degree, which will help maintain low-level moisture through the day. Any vertical mixing of moisture that does occur will likely be replenished by ample boundary-layer moisture noted in the upstream FWD sounding. The combination of steepening lapse rates atop ample boundary-layer moisture will help increase instability by late afternoon. Mid to upper-level winds are forecast to strengthen through the afternoon and evening as stronger flow associated with the approaching upper-level trough across the West shifts east through the day. Given the southerly low-level flow noted in the 12 UTC OUN sounding (w hich will likely be maintained, if not augmented, as surface pressure falls to the north/northw est), this will likely result in an increase in 0-6 km bulk shear over central OK.

Recent satellite imagery shows a stratus deck over central OK with decreasing clouds to the north/northw est into KS. Continued low to mid-level warmadvection within a moist boundary layer should maintain cloud cover for much of the day for central OK, while drier air aloft overspreading SW KS (per water vapor imagery) and gradual mixing of a shallow moist boundary layer (noted in the 12 Z DDC sounding) may allow for mostly clear to partly cloudy skies. Persistent cloud cover over central OK should limit the degree of daytime heating. However, mostly clear to partly cloudy skies further north/northwest into KS will allow for at least modest daytime heating and aid in destabilization by late afternoon.

Information from 500 mb and 850 mb charts

Sounding Information

Satellite Information

Our Refined Discussion

Synopsis

The 500 mb trough noted in the 12Z analysis over southern Nevada is forecast to translate east through the day into the Four Corners region by 00Z with minimal deepening due to strong cyclonic vorticity advection atop of weak low to mid-level cold advection. A weak lee trough is noted at 850 mb from eastern CO southward into northeast NM. This lee trough will deepen through the day over eastern CO as strong differential cyclonic vorticity advection aloft overspreads the region in tandem with an increasing zonal flow component over the central Rockies.

Northwest OK Forecast Details

Northw ard low to mid-level moisture advection is noted across TX and central OK in 12Z analyses and regional soundings. This should help augment low to mid-level moisture across northwest OK and western to central KS by late afternoon. This moist, warmair advection regime over OK may help maintain boundary-layer moisture and overcast skies (noted in morning visible satellite imagery), which could limit the degree of daytime heating. Further north/northwest into KS, the 12 DDC sounding revealed a saturated, but shallow, boundary-layer that may be more susceptible to diurnal mixing. Visible and IR imagery support this idea by show ing a shallow, scattered cloud deck. Additionally, morning regional soundings show steep mid-level lapse rates within an EML over west TX and SW KS that will likely overspread into OK and central KS within a west/southwesterly flow regime within the 700-500 mb layer. Drier air associated with this EML is noted in morning water vapor imagery, and will likely result in steepening lapse rates over OK by 00Z. The net result of these effects will be to promote increasing instability across northwest OK into KS with modest increases in instability further south into central OK.

500 mb flow is expected to strengthen through the day in response to the approach of the upper-level trough and its associated jet streak. Given the southerly low-level flow noted in the 12 UTC OUN and DDC soundings (which will likely be maintained, if not augmented, as surface pressure falls to the northwest), this will likely result in an increase in 0-6 km bulk shear over OK and KS. As a result, wind profiles will become more favorable for supporting severe convection heading into the afternoon and evening hours.

Here we simply consolidated similar topics into the same sentence.

Remember: There's no need to say the same thing twice in two different places!

Our Refined Discussion

Summary

Severe thunderstorms appear likely this afternoon and evening across northwest OK.

← Let's add in a summary!

Synopsis

The 500 mb trough noted in the 12Z analysis over southern Nevada is forecast to translate east through the day into the Four Corners region by 00Z w ith minimal deepening due to strong cyclonic vorticity advection atop of w eak low to mid-level cold advection. A w eak lee trough is noted at 850 mb from eastern CO southward into northeast NM. This lee trough will deepen through the day over eastern CO as strong differential cyclonic vorticity advection aloft overspreads the region in tandem with an increasing zonal flow component over the central Rockies.

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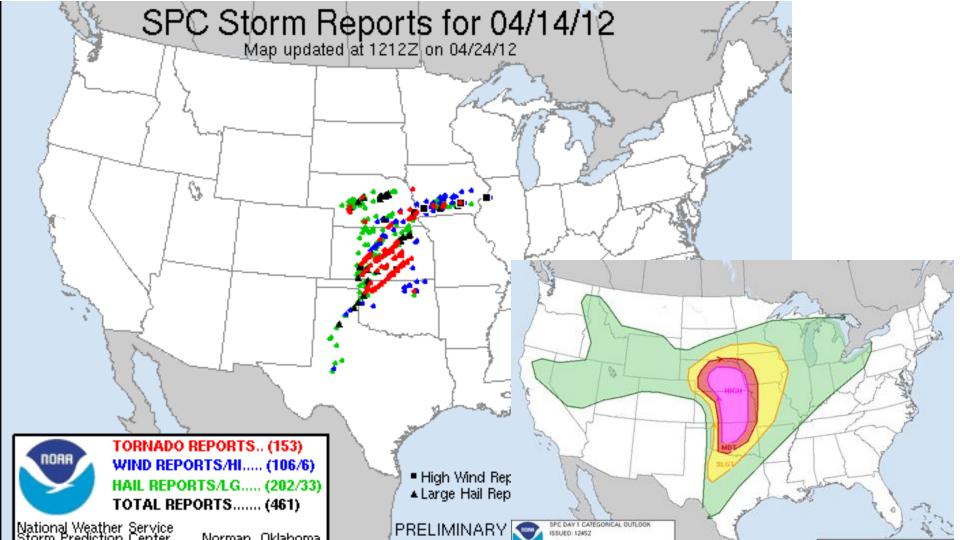
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Confidence

Although cloud cover is forecast to persist across central OK, the environment will still be conditionally supportive for convective given steepening mid-level lapse rates and increasing deep-layer shear.

Let's add in a confidence section! (It is relatively short here for brevity.)

A severe storm or two may be possible if sufficient lift moves over the region.



A Few Pointers

- Avoid spelling and grammar mistakes.
 - Poor spelling and grammar reflects poorly on your office and erodes your credibility.
- Avoid using subjective descriptions.
 - Instead of saying "insanely high MLCAPE" say "4000-5000 J/kg MLCAPE". Keep it scientific!
- Always have someone else proofread your discussion.
- Read more discussions!
 - The more you read, the better you'll write!
- Know your audience!

Keep these in mind!



Forecast Journals

Your task:

- Use observations and short/long range models to create a series of SPC-style Day 1 convective outlooks.
- Each journal will have three parts:
 - 1. An SPC-style outlook graphic (categorical only, no individual hazards required)
 - 2. A Day 1 forecast discussion.
 - 3. Post event verification and discussion
- Your forecast journal will NOT be graded on forecast accuracy, but WILL be graded on:
 - Meteorological concepts and consistency
 - Incorporation of various observation networks (no model-only forecasts)
 - Spelling and grammar

Please see the online rubric for further instructions and expectations.