

$$[x] = \frac{1}{2\pi a \cos \phi} \int_0^{2\pi} x a \cos \phi d\lambda \quad (1.1)$$

$$\bar{x} = \frac{1}{T} \int_0^T x dt \quad (1.2)$$

$$[\text{inflow} + \text{sources}] - [\text{outflow} + \text{sinks}] - [\text{storage}] = 0 \quad (1.3)$$

$$M = a \cos \phi (\Omega a \cos \phi + u) \quad (1.4)$$

$$u_f = \frac{\Omega a^2 (\cos^2 \phi_i - \cos^2 \phi_f) + u_i (a \cos \phi_i)}{(a \cos \phi_f)} \quad (1.5)$$

$$\frac{\partial T}{\partial t} = -u \frac{\partial T}{\partial x} - v \frac{\partial T}{\partial y} - \omega \frac{\partial T}{\partial p} + \gamma_d \omega + \frac{\dot{Q}}{c_p} \quad (1.6)$$

$$\frac{\partial T}{\partial t} = -\frac{\partial u T}{\partial x} - \frac{\partial v T}{\partial y} - \frac{\partial \omega T}{\partial p} + \gamma_d \omega + \frac{\dot{Q}}{c_p}. \quad (1.7)$$

$$uT = ([u] + u^*)([T] + T^*) = [u][T] + u^*[T] + [u]T^* + u^*T^* \quad (1.13)$$

$$[uT] = [[u][T]] + [u^*[T]] + [[u]T^*] + [u^*T^*] = [u][T] + [u^*T^*]. \quad (1.14)$$

$$\frac{\partial [T]}{\partial t} = -\frac{\partial [v][T]}{\partial y} - \frac{\partial [\omega][T]}{\partial p} + \gamma_d [\omega] + \left[\frac{\dot{Q}}{c_p}\right] - \frac{\partial [v^*T^*]}{\partial y} - \frac{\partial [\omega^*T^*]}{\partial p} \quad (1.15)$$

$$\frac{\partial [u]}{\partial t} = -\frac{1}{\cos^2 \phi} \frac{\partial [u][v] \cos^2 \phi}{\partial y} - \frac{\partial [u][\omega]}{\partial p} + f[v] + [F_x] - \frac{1}{\cos^2 \phi} \frac{\partial [u^*v^*] \cos^2 \phi}{\partial y} - \frac{\partial [u^*\omega^*]}{\partial p} \quad (1.16)$$

$$\overline{uT} = \overline{(\bar{u} + u')(\bar{T} + T')} = \overline{\bar{u}\bar{T}} + \overline{u'T'} + \overline{\bar{u}T'} + \overline{u'\bar{T}} \quad (1.17)$$

$$\overline{uT} = \overline{(\bar{u} + u')(\bar{T} + T')} = \overline{\bar{u}\bar{T}} + \overline{u'T'} \quad (1.18)$$

$$\overline{[v][T]} = \overline{[v]} \overline{[T]} + \overline{[v]'[T]'} \quad (1.21)$$

and

$$\overline{[v^*T^*]} = \overline{[v^* T^*]} + \overline{[v^{*'}T^{*'}]} \quad (1.22)$$

$$0 = \frac{\partial \overline{[T]}}{\partial t} = -\frac{\partial \overline{[v]} \overline{[T]}}{\partial y} - \frac{\partial \overline{[\omega]} \overline{[T]}}{\partial p} + \gamma_d \overline{[\omega]} + \frac{\overline{[\dot{Q}]}}{c_p}$$

$$-\frac{\partial \overline{[v]'[T]'}}{\partial y} - \frac{\partial \overline{[\omega]'[T]'}}{\partial p}$$

$$-\frac{\partial \overline{[v^*T^*]}}{\partial y} - \frac{\partial \overline{[\omega^*T^*]}}{\partial p}$$

$$-\frac{\partial \overline{[v^{*'}T^{*'}]}}{\partial y} - \frac{\partial \overline{[\omega^{*'}T^{*'}]}}{\partial p} \quad (1.23)$$

$$0 = \frac{\partial \overline{[u]}}{\partial t} = -\frac{1}{\cos^2 \phi} \frac{\partial \overline{[u]} \overline{[v]} \cos^2 \phi}{\partial y} - \frac{\partial \overline{[u]} \overline{[\omega]}}{\partial p} + f \overline{[v]} + \overline{[F_x]}$$

$$-\frac{1}{\cos^2 \phi} \frac{\partial \overline{[u]}' \overline{[v]}' \cos^2 \phi}{\partial y} - \frac{\partial \overline{[u]}' \overline{[\omega]}'}{\partial p}$$

$$-\frac{1}{\cos^2 \phi} \frac{\partial \overline{[u^* v^*]} \cos^2 \phi}{\partial y} - \frac{\partial \overline{[u^* \omega^*]}}{\partial p}$$

$$-\frac{1}{\cos^2 \phi} \frac{\partial \overline{[u^{*'} v^{*'}]} \cos^2 \phi}{\partial y} - \frac{\partial \overline{[u^{*'} \omega^{*'}]}}{\partial p} \quad (1.24)$$

$$\text{NAO index} = \text{SLP}'_{AZ} - \text{SLP}'_{ICE}$$

$$\text{PNA index} = \frac{Z'_{(1)} - Z'_{(2)} + Z'_{(3)} - Z'_{(4)}}{4}$$

$$\bar{P} \propto \frac{1}{V} \int \frac{\overline{\theta'^2}}{\bar{\theta}^2} dV$$

$$E_1 = c_v \int_0^\infty \rho T dz$$

$$E_p = \int_0^\infty p dz = R \int_0^\infty \rho T dz$$

$$E_p + E_1 = \frac{c_p}{c_v} E_1 = \frac{c_p}{R} E_p$$

$$(K_E, K_Z) = \int_m [u_g^* v_g^*] \frac{\partial [u_g]}{\partial y} dm \quad (1.25)$$

$$(A_Z, K_Z) = -R_d \int_m \frac{[\omega][T]}{p} dm \quad (1.26)$$

$$(D_Z) = \int_m [u_g][F_x] dm \quad (1.27)$$

$$(A_E, K_E) = -R_d \int_m \frac{[\omega^* T^*]}{p} dm \quad (1.28)$$

$$(D_E) = \int_m ([\mathbf{V}_g^* \cdot \mathbf{F}^*]) dm \quad (1.29)$$

$$(A_E, A_Z) = R_d \int_m \frac{1}{\sigma} ([v_g^* T^*]) \frac{\partial [T]}{\partial y} dm \quad (1.30)$$

$$(G_Z) = \frac{R_d}{c_p} \int_m \frac{[\dot{Q}_{db}][T]}{\sigma p} dm \quad (1.31)$$

$$(G_E) = \frac{R_d}{c_p} \int_m \frac{[\dot{Q}_{db}^* T^*]}{\sigma p} dm \quad (1.32)$$