

$$\frac{du}{dt} = fv - \frac{1}{\rho} \frac{\partial p}{\partial x} + F_x \quad (2.1)$$

$$\frac{dv}{dt} = -fu - \frac{1}{\rho} \frac{\partial p}{\partial y} + F_y \quad (2.2)$$

$$\frac{dw}{dt} = -fu \cot \phi - \frac{1}{\rho} \frac{\partial p}{\partial z} - g + F_z \quad (2.3)$$

$$v_g = \frac{1}{f\rho} \frac{\partial p}{\partial x} \quad (2.4)$$

$$u_g = -\frac{1}{f\rho} \frac{\partial p}{\partial y} \quad (2.5)$$

$$v_g = \frac{g}{f} \left( \frac{\partial Z}{\partial x} \right)_p \quad (2.6)$$

$$u_g = -\frac{g}{f} \left( \frac{\partial Z}{\partial y} \right)_p \quad (2.7)$$

$$\nabla_p \cdot \mathbf{V} = \left( \frac{\partial u}{\partial x} + \frac{\partial v}{\partial y} \right) = -\frac{\partial \omega}{\partial p} = D_p \quad (2.8)$$

$$D_{pg} = -(\beta/f)v_g \quad (2.9)$$

$$\mathbf{V} = \mathbf{V}_\psi + \mathbf{V}_\chi \quad (2.11)$$

$$\nabla \cdot \mathbf{V}_\psi = 0 \quad \nabla \times \mathbf{V}_\chi = 0$$

$$\mathbf{V}_\psi = \mathbf{k} \times \nabla \psi \quad (2.12)$$

$$u_\psi = -\frac{\partial \psi}{\partial y}, \quad v_\psi = \frac{\partial \psi}{\partial x} \quad (2.13)$$

$$\zeta = \mathbf{k} \cdot \nabla \times \mathbf{V} = \nabla^2 \psi. \quad (2.14)$$

$$\nabla^2 \chi = -\nabla \cdot \mathbf{V} \quad (2.15)$$

$$u_x = -\frac{\partial \chi}{\partial x}, \quad v_x = -\frac{\partial \chi}{\partial y} \quad (2.16)$$

$$\frac{\partial p}{\partial z} = -\rho g \quad (2.17)$$

$$\frac{du}{dt} = fv - g \frac{\partial Z}{\partial x} + F_x = f[v - v_g] + F_x = f v_{ag} + F_x$$

$$\frac{dv}{dt} = -fu - g \frac{\partial Z}{\partial y} + F_y = -f[u - u_g] + F_y = -f u_{ag} + F_y$$

$$\mathbf{V}_T = \frac{\partial \mathbf{V}_g}{\partial \ln p} = -\hat{\mathbf{k}} \times \frac{R \partial \bar{T}_v}{f \partial n} \quad (2.18)$$

$$\begin{aligned} \frac{\partial(\zeta + f)}{\partial t} = & -\mathbf{V} \cdot \nabla_p (\zeta + f) - \omega \frac{\partial \zeta}{\partial p} - (\zeta + f) \left( \frac{\partial u}{\partial x} + \frac{\partial v}{\partial y} \right) - \left( \frac{\partial \omega}{\partial x} \frac{\partial v}{\partial p} - \frac{\partial u}{\partial p} \frac{\partial \omega}{\partial y} \right) \\ & + \left( \frac{\partial F_y}{\partial x} - \frac{\partial F_x}{\partial y} \right). \end{aligned} \quad (2.19)$$

$$\frac{\partial \zeta_g}{\partial t} = -\mathbf{V}_g \cdot \nabla_p \eta_g - f_0 \nabla_p \cdot \mathbf{V} + f_0 \mathbf{k} \cdot (\nabla_p \times \mathbf{F}) \quad (2.20)$$

$$\zeta_g = \frac{\nabla_p^2 \Phi}{f_0}, \quad \text{where } Z \equiv \frac{\Phi(z)}{g_0}, \quad g_0 = 9.81 \text{ ms}^{-2} \quad \eta_g = \zeta_g + f = \frac{\nabla_p^2 \Phi}{f_0} + f$$

$$\frac{\partial}{\partial t} \left( -\frac{\partial \Phi}{\partial p} \right) = -\mathbf{V}_g \cdot \nabla_p \left( -\frac{\partial \Phi}{\partial p} \right) + \sigma \omega + \frac{\dot{Q}}{c_p \rho} \quad (2.21)$$

$$\frac{\partial T}{\partial t} = -\mathbf{V}_g \cdot \nabla_p T + \frac{\omega}{c_p \rho} + \frac{\dot{Q}}{c_p} \quad (2.22)$$

$$Z_t - Z_b = \frac{RT_v}{g_0} \ln \left( \frac{p_b}{p_t} \right), \quad (3.1)$$

$$p_h = \int_h^\infty g \rho dz. \quad (3.2)$$

$$\frac{\partial p_s}{\partial t} \approx - \int_0^{p_s} \nabla_p \cdot \mathbf{V} dp, \quad (3.3)$$

$$\frac{\delta p_s}{\delta t} = \frac{\partial p_s}{\partial t} + \mathbf{C} \cdot \nabla_z p_s \quad (3.4)$$

$$\frac{\partial p_s}{\partial t} = -\mathbf{C} \cdot \nabla_z p_s. \quad (3.5)$$

$$\begin{aligned} \left( \nabla_p^2 + \frac{f_0^2}{\sigma} \frac{\partial^2}{\partial p^2} \right) \omega &= \frac{f_0}{\sigma} \frac{\partial}{\partial p} \left( \mathbf{V}_g \cdot \nabla_p \left( \frac{\nabla_p^2 \Phi}{f_0} + f \right) \right) \\ &+ \frac{1}{\sigma} \nabla_p^2 \left( \mathbf{V}_g \cdot \nabla_p \left( -\frac{\partial \Phi}{\partial p} \right) \right) \\ &- \frac{1}{\sigma} \nabla_p^2 \left( \frac{\dot{Q}}{\rho c_p} \right) \\ &- \frac{f_0}{\sigma} \frac{\partial}{\partial p} (\mathbf{k} \cdot \nabla_p \times \mathbf{F}). \end{aligned} \quad (3.6)$$

$$\omega(x, y, p) = \omega_0 \sin \left( \frac{2\pi x}{L} \right) \sin \left( \frac{2\pi y}{L} \right) \left( \frac{(p_0 - p)(p - p_t)}{\left( \frac{1}{2} \right)^2 (p_0 - p_t)^2} \right) \quad (3.7)$$

$$\left( \nabla_p^2 + \frac{f_0^2}{\sigma} \frac{\partial^2}{\partial p^2} \right) \omega = -(\omega_v + \omega_T + \omega_H + \omega_f) \quad (3.8)$$

$$\omega_v = \frac{f_0}{\sigma} \frac{\partial}{\partial p} \left( -\mathbf{V}_g \cdot \nabla_p \left( \frac{\nabla_p^2 \Phi}{f_0} + f \right) \right) = \frac{f_0}{\sigma} \frac{\partial}{\partial p} (-\mathbf{V}_g \cdot \nabla_p \eta_g). \quad (3.13)$$

$$\omega_T = \frac{-1}{\sigma} \nabla_p^2 \left( \mathbf{V}_g \cdot \nabla_p \left( -\frac{\partial \Phi}{\partial p} \right) \right) = \frac{R}{\sigma p} \nabla_p^2 (-\mathbf{V}_g \cdot \nabla_p T) \quad (3.17)$$

$$\left( \nabla_p^2 + \frac{f_0^2}{\sigma} \frac{\partial^2}{\partial p^2} \right) \omega = \frac{2}{\sigma} \frac{\partial \mathbf{V}_g}{\partial p} \cdot \nabla_p \eta_g. \quad (3.19)$$

$$\left(\nabla_p^2 + \frac{f_0^2}{\sigma} \frac{\partial^2}{\partial p^2}\right) \frac{\partial \Phi}{\partial t} = -f_0 \mathbf{V}_g \cdot \nabla_p \eta_g + \frac{f_0^2}{\sigma} \frac{\partial}{\partial p} \left( \mathbf{V}_g \cdot \nabla_p \left( -\frac{\partial \Phi}{\partial p} \right) \right) - \frac{f_0^2}{\sigma} \frac{\partial}{\partial p} \left( \frac{\dot{Q}}{\rho c_p} \right) \quad (3.20)$$

$$\sigma = \frac{1}{\theta} \frac{\partial \Phi}{\partial p} \frac{\partial \theta}{\partial p} = g \frac{\partial z}{\partial p} \left( \frac{1}{T} \frac{\partial T}{\partial p} - \frac{\kappa}{p} \frac{\partial p}{\partial p} \right) = \frac{R}{p} \left( \Gamma_d - \frac{\partial T}{\partial p} \right) \quad (3.21)$$

$$\left( -2 \left( \frac{2\pi}{L} \right)^2 \sigma + \left( \frac{-8f_0^2}{(p_0 - p_T)^2} \right) \right) \omega_d = -forcing = -\sigma(\omega_v + \omega_T + \omega_H + \omega_f) \quad (3.25)$$

which can be written in shorthand as

$$(A_d + B)\omega_d = +forcing \quad (3.26)$$

$$A_d = 2 \left( \frac{2\pi}{L} \right)^2 \sigma = 2 \left( \frac{2\pi}{L} \right)^2 \frac{R}{p} \left( \Gamma_d - \frac{\partial T}{\partial p} \right) \quad (3.27)$$

and

$$B = \frac{8f_0^2}{(p_0 - p_T)^2}. \quad (3.28)$$

$$\frac{\omega_N}{\omega_d} = \frac{A_d + B}{B} \quad (3.33)$$

$$\sigma \equiv \frac{R}{p} \left( \left( \frac{dT}{dp} \right)_m - \frac{\partial T}{\partial p} \right) \quad (3.36)$$

$$\omega_m = \frac{forcing}{A_m + B} \quad (3.37)$$

$$A_m = 2 \left( \frac{2\pi}{L} \right)^2 \sigma = 2 \left( \frac{2\pi}{L} \right)^2 \frac{R}{p} \left( \Gamma_m - \frac{\partial T}{\partial p} \right) \quad (3.38)$$

$$\left(\frac{\partial \zeta_g}{\partial t}\right)_{p_0} = [-\mathbf{V}_g \cdot \nabla_p \eta_g]_{p_{ND}} + \frac{\nabla_p^2}{f_0} \int_{p_{ND}}^{p_0} \left( \frac{R}{P} (\mathbf{V}_g \cdot \nabla_p T) - \sigma \omega - \frac{\dot{Q}}{c_p \rho} \right) dp \quad (3.46)$$

$$\left(\frac{\partial \zeta_g}{\partial t}\right)_{p_0} = [-\mathbf{V}_g \cdot \nabla_p \eta_g]_{500} - \frac{g}{f} \nabla_p^2 \left( -\mathbf{V}_{g_0} \cdot \nabla_p (Z_{500} - Z_{1000}) + \sigma \bar{\omega} + \frac{\bar{Q}}{c_p \rho} \right) \quad (3.47)$$

$$\frac{\partial(\zeta + f)}{\partial t} = -(\zeta + f) \nabla_p \cdot \mathbf{V}, \quad (3.49)$$

$$\zeta = -\frac{\partial V}{\partial n} + \frac{V}{R_s}$$

$$0 = -\frac{V^2}{r_T} - g \frac{\partial z}{\partial n} - fV$$