

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

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

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

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

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

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

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

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

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

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

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

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

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

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

and

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

$$THRES = \frac{10 \text{ hPa} \sin(\phi)}{6 \text{ h} \sin(60^\circ)}$$

$$\frac{d\theta}{dt} = \frac{\partial \theta}{\partial t} + \mathbf{V} \cdot \nabla_p \theta + \omega \frac{\partial \theta}{\partial p} = \left(\frac{\dot{Q}}{c_p}\right) \left(\frac{p_0}{p}\right)^\kappa. \quad (4.1)$$

$$\theta = \mathbf{T} (p_0 / p)^{R/c_p}$$

$$\omega = \frac{\partial \theta / \partial t + \mathbf{V} \cdot \nabla_p \theta}{-\partial \theta / \partial p} \quad (4.2)$$

$$\omega_\theta = \left(\frac{\partial p}{\partial t}\right)_\theta + (\mathbf{V}_\theta \cdot \nabla_\theta p), \quad (4.3)$$

$$v_{g\theta} = \frac{1}{f_0} \frac{\partial M}{\partial x} \quad (4.4)$$

$$u_{g\theta} = -\frac{1}{f_0} \frac{\partial M}{\partial y} \quad (4.5)$$

$$M = (c_p T + g Z)_\theta \quad (4.6)$$

$$\frac{d}{dt} [(f + \zeta_\theta) \left(\frac{\partial \theta}{\partial p}\right)] = 0. \quad (4.7)$$

$$\frac{\delta S}{\delta t} = \frac{\partial S}{\partial t} + \mathbf{C} \cdot \nabla S \quad (4.8)$$

$$\left(\frac{\partial S}{\partial t} \right)_\theta = -\mathbf{C}_\theta \cdot \nabla_\theta S. \quad (4.9)$$

$$\left(\frac{\partial p}{\partial t} \right)_\theta = -C_{\theta x} \left(\frac{\partial p}{\partial x} \right)_\theta. \quad (4.10)$$

$$\omega_\theta = \mathbf{V}_{\mathbf{R}\theta} \cdot \nabla_\theta p \approx (\mathbf{V}_{\mathbf{R}} \cdot \nabla_p \theta) / \left(-\frac{\partial \theta}{\partial p} \right) \quad (4.11)$$

$$\mathbf{V}_{\mathbf{R}\theta} = \mathbf{V}_\theta - C_x \mathbf{i} - C_y \mathbf{j} \quad (4.12)$$

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

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