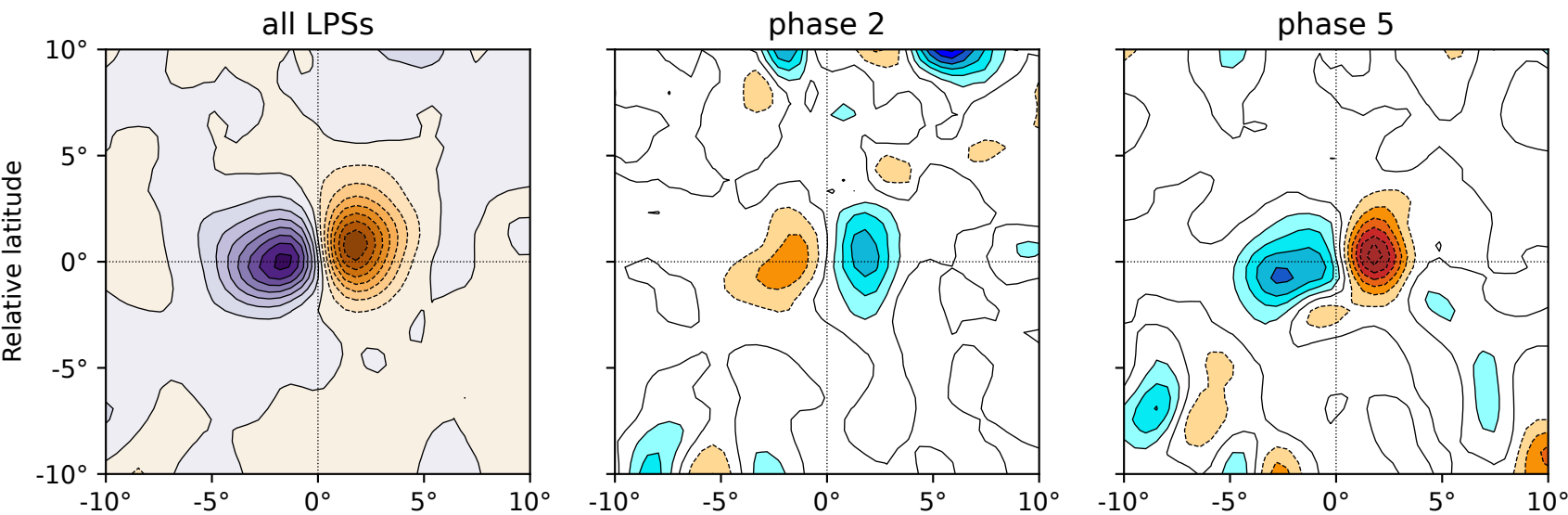
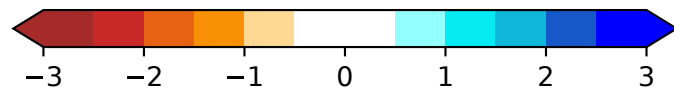
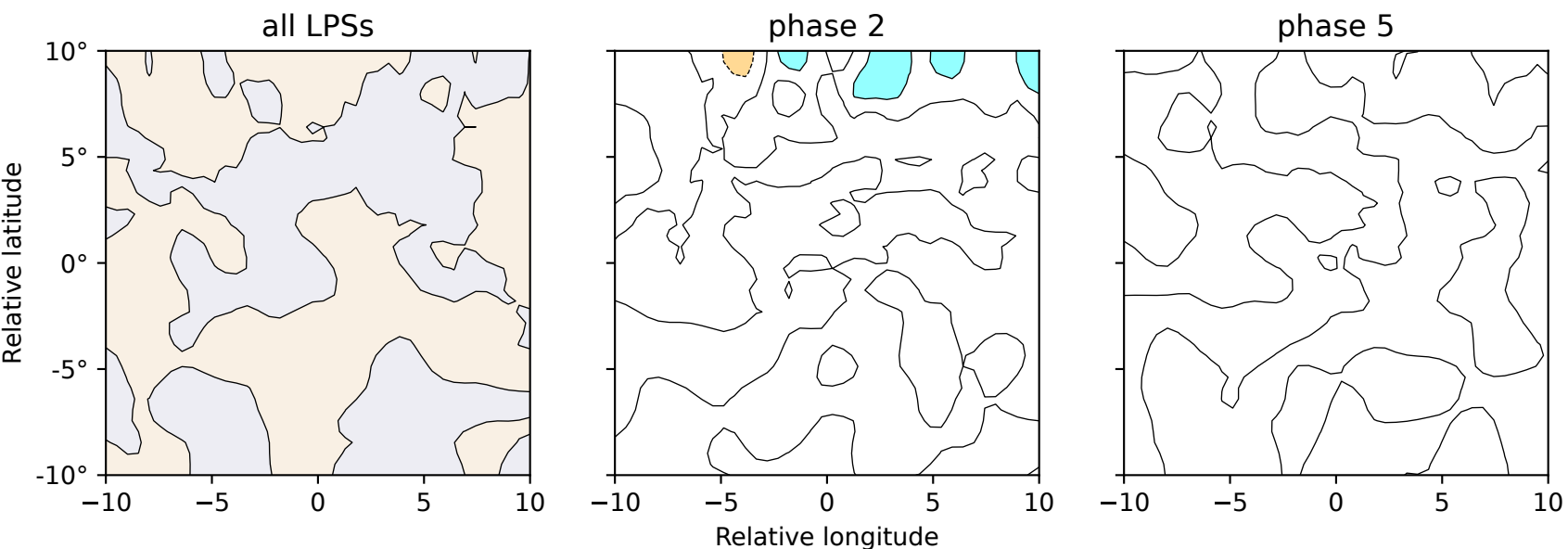


(a) quasigeostrophic ω forcing



(b) diabatic ω forcing



Mean 750 hPa ω forcing ($10^{-12} \text{ kg m}^{-3} \text{ s}^{-3}$)

750 hPa ω forcing anomaly ($10^{-12} \text{ kg m}^{-3} \text{ s}^{-3}$)