Geophysical Research Abstracts Vol. 17, EGU2015-6551, 2015 EGU General Assembly 2015 © Author(s) 2015. CC Attribution 3.0 License.



## Impact of the MJO on the Boreal Winter Extratropical Circulation

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This talk will focus on the potential for intraseasonal prediction of the polar vortex and the North Atlantic Oscillation from the Madden-Julian Oscillation. Phase 7 of the Madden-Julian Oscillation leads to a trough in the Northwest Pacific sea level pressure pattern, and subsequently to enhanced tropospheric wavenumber 1 wave driving of the vortex. This enhanced planetary wave flux can then force a weakened stratospheric vortex. Phase 3 has largely opposite opposite impacts. These effects are present in both reanalysis data and a comprehensive atmospheric general circulation model. The anomalies propagate down to the surface, such that the surface Arctic Oscillation is significantly modified 50 days after certain MJO phases. Such a 50 day timescale for the potential for more accurate intraseasonal forecasts is longer than has been previously acknowledged.

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