**Area Forecast Discussion**  
Issued by NWS San Francisco Bay Area, CA

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[**Area Forecast Discussion**](https://forecast.weather.gov/glossary.php?word=Area%20Forecast%20Discussion)

National Weather Service San Francisco Bay Area

1032 PM PDT Fri Sep 2 2022

...Dangerous Heat Through Early Next Week...

.SYNOPSIS...Dangerous heat is expected across the interior through

early next week. Many far inland locations are [**likely**](https://forecast.weather.gov/glossary.php?word=likely) to exceed 100

degrees on Sunday, Monday and potentially again on Tuesday. Cooler

conditions are expected near the coast, but temperatures will still

be well above [**normal**](https://forecast.weather.gov/glossary.php?word=normal).

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.DISCUSSION...as of 09:15 PM PDT Friday...

The forecast is on track this evening with dangerous heat

impacting portions of the Central Coast today. Inland portions of

southern Monterey and San Benito County had high temperatures

today into the 100s, with a few locations nearing or topping 110

degrees. While slight cooling has taken place farther north,

things will heat up again for all areas with inland temperatures

peaking well into the 90s and 100s on Sunday into Monday. The

below discussion provides further details, but the key message is

to practice heat safety and avoid outdoor activities during the

hottest portion of the day if possible.

The forecast is on track this evening with no significant changes

necessary.

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.PREV DISCUSSION...as of 03:01 PM PDT Friday...The weather impact

message through the holiday weekend remains the same - dangerous

heat impacting portions of the Bay Area and Central Coast. It`s

the details and fine tuning of the forecast that have changed.

The temporary flattening of the [**upper level**](https://forecast.weather.gov/glossary.php?word=upper%20level) [**ridge**](https://forecast.weather.gov/glossary.php?word=ridge) and deeper

marine layer this morning are clearly reflected in the afternoon

temperatures. The morning low clouds/[**fog**](https://forecast.weather.gov/glossary.php?word=fog) definitely lingered into

the late morning hours, which provided a slow start to

temperatures. Current 24 hour trends show coastal spots and some

inland valleys are running cooler this afternoon. The airmass

still has some heat and potential so do expect these cooler spots

to rebound by days end, but fall short from yesterday`s max temps.

Simply, a sight dip in temps this afternoon. Far interior spots

like Lake Berryessa, Interior Monterey, and Interior San Benito

will still hit 100+. Therefore, [**Excessive Heat**](https://forecast.weather.gov/glossary.php?word=Excessive%20Heat) [**Warning**](https://forecast.weather.gov/glossary.php?word=Warning) remains in

effect for southern Monterey/San Benito.

Valleys and lower elevations will see some minor relief tonight

with some low clouds bumping the coast and locally inland.

[**Thermal**](https://forecast.weather.gov/glossary.php?word=Thermal) belts will be [**active**](https://forecast.weather.gov/glossary.php?word=active) again tonight with mild and dry

conditions with little to no relief.

For Saturday, temperatures begin to rebound slightly over today`s

"dip". As such, more widespread 90s across the interior with an

uptick in Heat Risk concerns as well. Areas of greatest concern

will still be focused across Monterey/San Benito with another day of

[**Excessive Heat**](https://forecast.weather.gov/glossary.php?word=Excessive%20Heat) Warnings.

The [**upper level disturbance**](https://forecast.weather.gov/glossary.php?word=upper%20level%20disturbance) is old news Sunday as the large heat

dome takes control again. Expect a considerable uptick in

temperatures, especially away from the coast. Interior highs will

be in the 90s to lower 100s. Far interior locations have a

chance of reaching 110 degrees Sunday and Monday. Heat Risk

concerns become more widespread with high to very high. Models

continue to show onshore [**flow**](https://forecast.weather.gov/glossary.php?word=flow) near the coast. The "real" heat

will be tempered near the coast and stay farther inland. However,

there will still be some coastal areas that will get warm enough

(90s) to warrant a [**Heat Advisory**](https://forecast.weather.gov/glossary.php?word=Heat%20Advisory) (Santa Cruz/Hollister/Redwood

City) for Sunday and Monday. Overnight lows will remain mild,

especially in the hills.

Heat concerns ease at the coast on Tuesday, so no Heat Advisories

needed. Interior locations will remain dangerously hot on Tuesday

so [**Excessive Heat**](https://forecast.weather.gov/glossary.php?word=Excessive%20Heat) Warnings remain.

Wednesday will also feature another hot day away from the coast.

Since heat illness is a cumulative impact it`s possible that the

[**Excessive Heat**](https://forecast.weather.gov/glossary.php?word=Excessive%20Heat) Warnings may be needed for one more day. At the

least, they may be converted to Heat Advisories.

This statement still remains valid: this heat event is a marathon

and not a sprint. The peak of the heat still yet to come and

remains focused for Sunday and Labor Day. Finally, if you`re

heading to the coast for relief expect increased traffic, and

crowded beaches. Definitely practice beach safety as rip currents

and cold water will be possible.

Impacts and key points--

\* Avoid outdoor activities during the hottest portion of the day.

\* Stay hydrated and take frequent cooling breaks in the shade.

\* Check on relatives, neighbors and friends who may not have access

to adequate cooling.

\* Never leave the elderly, children or pets in unattended vehicles.

\* Use air conditioning where possible.

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.AVIATION...as of 10:31 PM PDT Friday...For the 06Z TAFs. Despite

the marine layer still being about 800 feet deep, the cloud cover

earlier has all been wiped away. Therefore the TAFs have been

updated to have more [**VFR**](https://forecast.weather.gov/glossary.php?word=VFR) conditions through the night. There is

still a low [**probability**](https://forecast.weather.gov/glossary.php?word=probability) for clouds to form overnight, but it`ll be

due to [**radiational cooling**](https://forecast.weather.gov/glossary.php?word=radiational%20cooling), rather than the traditional [**advection**](https://forecast.weather.gov/glossary.php?word=advection)

of clouds from the ocean over to the land. And cloud that does

more should evaporate between 16Z and 17Z. [**VFR**](https://forecast.weather.gov/glossary.php?word=VFR) Saturday with

breezy onshore winds. Low chance for clouds to form Saturday

night.

Vicinity of KSFO...[**VFR**](https://forecast.weather.gov/glossary.php?word=VFR). [**Probability**](https://forecast.weather.gov/glossary.php?word=Probability) for low clouds were to low to

include in the [**TAF**](https://forecast.weather.gov/glossary.php?word=TAF), but [**SCT**](https://forecast.weather.gov/glossary.php?word=SCT) was placed during the highest

likelihood. Winds will be gusty again on Saturday with gusts

around 25 knots. Winds subside Saturday evening with high

[**probability**](https://forecast.weather.gov/glossary.php?word=probability) to remain [**VFR**](https://forecast.weather.gov/glossary.php?word=VFR) through the [**TAF**](https://forecast.weather.gov/glossary.php?word=TAF) period.

KSFO Bridge Approach...Similar to SFO.

Monterey Bay...[**VFR**](https://forecast.weather.gov/glossary.php?word=VFR). TAFs were updated to speak to the low

[**probability**](https://forecast.weather.gov/glossary.php?word=probability) of cloud formation. That being said, there still

remains a chance. The afternoon hours is forecast to be [**VFR**](https://forecast.weather.gov/glossary.php?word=VFR) with

breezy onshore winds. Some clouds may form near the terminal after

00Z, but unlikely at this time to cause impacts.

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.MARINE...as of 08:40 PM PDT Friday...Expect northwest winds

generating [**wind waves**](https://forecast.weather.gov/glossary.php?word=wind%20waves) around 6 to 8 feet at 7 to 9 seconds. Wind

waves will continue to steepen through Labor Day weekend as

strong winds persist, making conditions hazardous for [**small craft**](https://forecast.weather.gov/glossary.php?word=small%20craft)

vessels. Locally stronger winds near coastal jets will will

continue at areas such as south of Point Sur, where [**gale**](https://forecast.weather.gov/glossary.php?word=gale) force

gusts are possible. A light southerly [**swell**](https://forecast.weather.gov/glossary.php?word=swell) of 12 to 13 seconds

also prevails through the middle of next week.

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.MTR WATCHES/WARNINGS/ADVISORIES...

.**[Tngt](https://forecast.weather.gov/glossary.php?word=Tngt)**....[**SCA**](https://forecast.weather.gov/glossary.php?word=SCA)...Pt Arena to Pigeon Pt 0-10 [**nm**](https://forecast.weather.gov/glossary.php?word=nm)

[**SCA**](https://forecast.weather.gov/glossary.php?word=SCA)...Pt Arena to Pt Piedras Blancas 10-60 [**nm**](https://forecast.weather.gov/glossary.php?word=nm)

GLW...Pigeon Pt to Pt Piedras Blancas 0-10 [**nm**](https://forecast.weather.gov/glossary.php?word=nm)

Heat [**Warning**](https://forecast.weather.gov/glossary.php?word=Warning)...[**CA**](https://forecast.weather.gov/glossary.php?word=CA) 516 517 518

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