

AOS 630: Introduction to Atmospheric  
and Oceanic Physics  
Lecture 21 Fall 2021  
*CAPE and CIN*

Ángel F. Adames-Corraliza  
[angel.adamescorraliza@wisc.edu](mailto:angel.adamescorraliza@wisc.edu)

# Announcements

HW4 is due Today. Please upload to Canvas by the end of the day.

HW5 has been uploaded to Canvas. It is due in two weeks.

# Last class: Stability solutions

## Theta profile

$$\frac{\partial \theta_e}{\partial z} > 0$$

$$\frac{\partial \theta_e}{\partial z} = 0$$

$$\frac{\partial \theta_e}{\partial z} < 0$$

$$\frac{\partial \theta}{\partial z} = 0$$

$$\frac{\partial \theta}{\partial z} > 0$$

## Lapse rate

$$\Gamma < \Gamma_m$$

$$\Gamma = \Gamma_m$$

$$\Gamma_m < \Gamma < \Gamma_d$$

$$\Gamma = \Gamma_d$$

$$\Gamma > \Gamma_d$$

## Stability

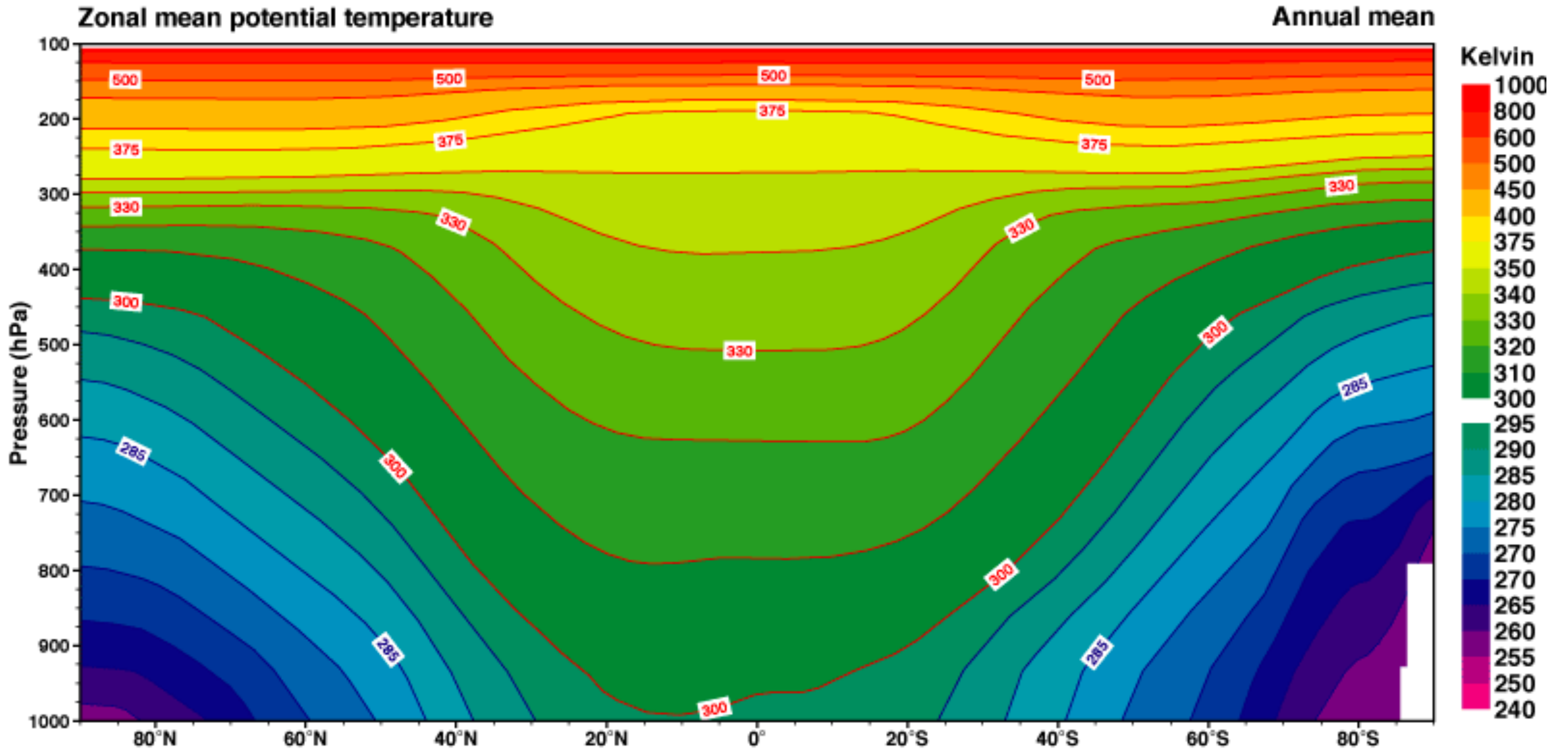
*Stable*

*Moist Neutral*

*Conditionally Unstable*

*Dry Neutral*

*Absolutely Unstable*



**The troposphere is usually stable to dry motions, but can be unstable to saturated motions.**

# Available potential energy

In classical mechanics, total energy (TE) is the sum of potential and kinetic energies (PE & KE).

$$TE = KE + PE$$

Energy is a conserved quantity

$$\frac{D}{Dt}(KE) = -\frac{D}{Dt}(PE)$$

How does this relate to buoyancy?

$$\frac{Dw}{Dt} = B$$

# Available potential energy

For a 1-D parcel rising through the troposphere

$$w \frac{Dw}{Dz} = B$$

Can rewrite as

$$\frac{D}{Dz} \left( \frac{w^2}{2} \right) = B$$

Where the left hand side describes the change in KE as the parcel rises. By definition, buoyancy must be the change in PE as the parcel rises!

$$B = - \frac{D}{Dz} (APE)$$

$$B = - \frac{D}{Dz} (APE)$$

Where APE means **Available Potential Energy**.

It is defined this way since **most potential energy in our atmosphere cannot be readily converted to kinetic energy**. This is due to the strong constraint of hydrostatic balance and our planet's rotation.

# Available potential energy

Can integrate equation to obtain the conversion of PE to KE

$$-\Delta APE = \int_{z_1}^{z_2} B dz$$

**Is the change in available potential energy**

We generally split the integral into components

$$-\Delta APE = \Delta APE(B > 0) - \Delta APE(B < 0)$$

We define the **Level of Free Convection** as the height where the parcel becomes buoyant ( $B > 0$ )

$$LFC = z(B > 0)$$



# Available potential energy

Can integrate equation to obtain the conversion of PE to KE

$$-\Delta APE = \int_{z_1}^{z_2} B dz \quad \text{Is the change in available potential energy}$$

We generally split the integral into components  $-\Delta APE = CAPE - CIN$

$$\Delta KE = CAPE - CIN$$

$$CAPE = \int_{LFC}^{LZB} B dz \quad \text{Is the Convective Available Potential Energy}$$

$$CIN = - \int_{z_1}^{LFC} B dz \quad \text{Is the Convective Inhibition}$$

# Why CAPE and CIN?

$$CIN = - \int_{z_1}^{LFC} B dz$$

**The Convective Inhibition is the integrated region where  $B < 0$ .**

**Work must be done to lift a parcel over this region (e.g. by a front)**

CIN is the work that must be done to lift a parcel from a height  $z_1$  (usually the surface) up to the region where it becomes buoyant.

# Why CAPE and CIN?

$$CAPE = \int_{LFC}^{LZB} B dz$$

**The CAPE integrates the region of troposphere where  $B > 0$ .**

**The level of free convection is when a saturated parcel becomes buoyant**

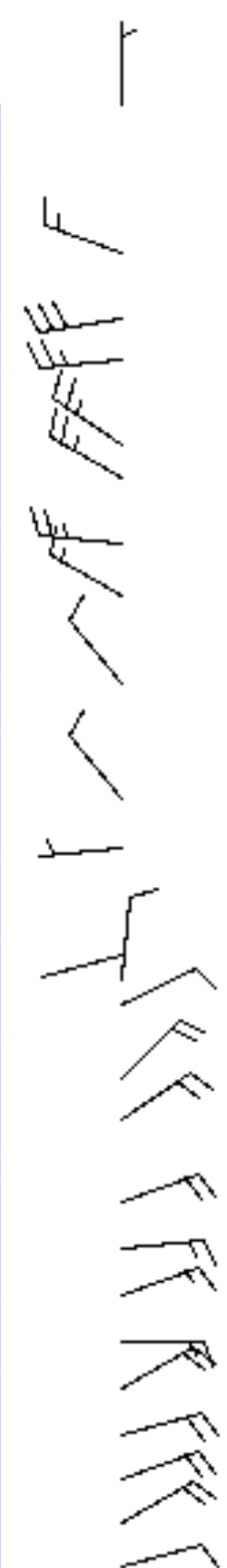
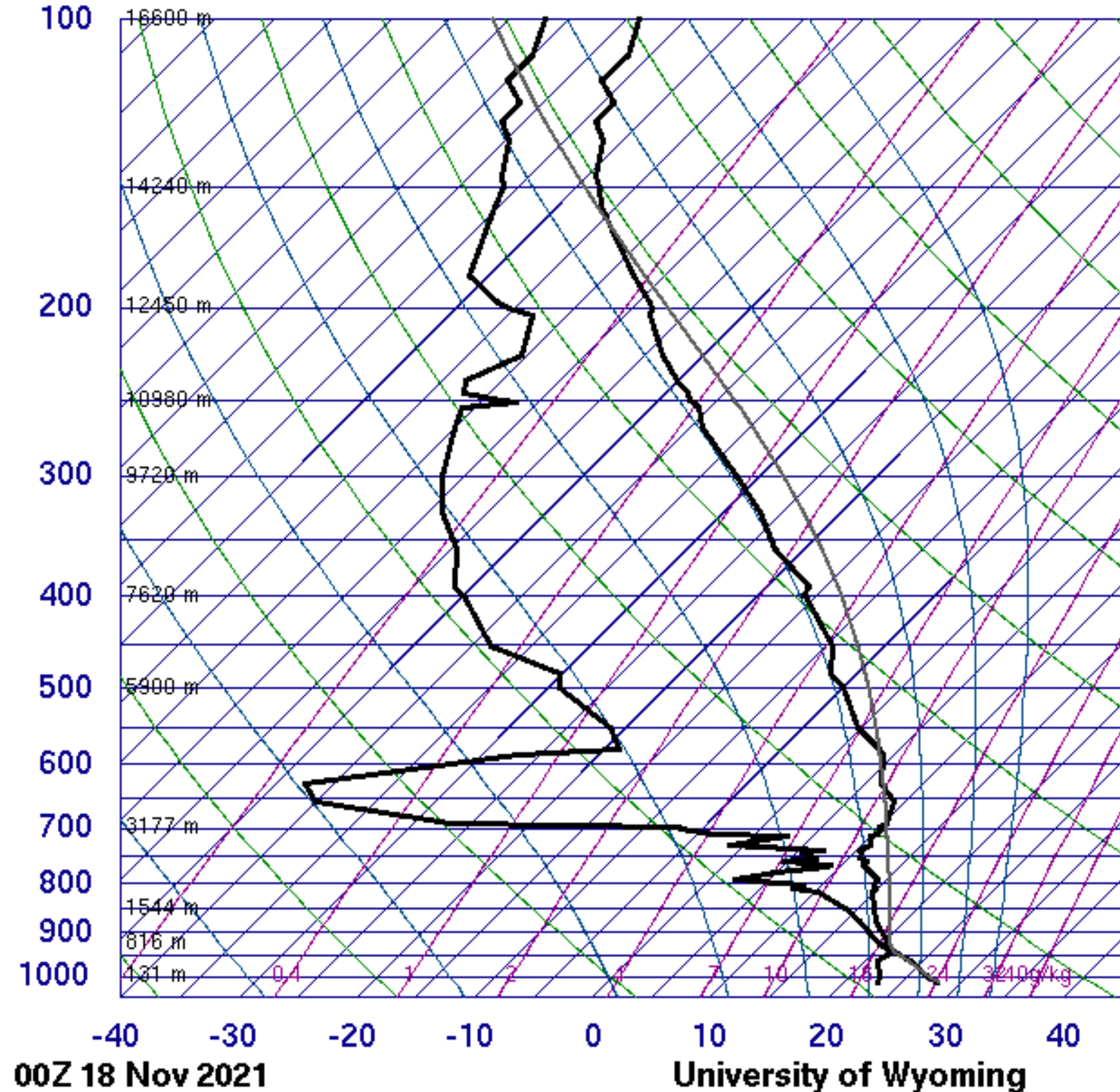
CAPE is the integrated buoyancy from the level of free convection until the level of zero buoyancy, where  $B$  becomes negative again

Can also calculate a parcel's maximum vertical velocity based on the kinetic energy change. Assuming the parcel starts approximately at rest.

$$w_{max} = \sqrt{2CAPE}$$

# Exercise

78526 TJSJ San Juan



Assume that a parcel is lifted from the surface. Based on this sounding find:

1. The mixing ratio at the surface.
2. The LCL
3. The areas where  $B > 0$  (CAPE)
4. The areas where  $B < 0$  (CIN)
5. The level of neutral buoyancy.

# Caveats about CAPE and $w_{\max}$

The calculation of CAPE and  $w_{\max}$  assumes

- No aerodynamic drag
- No effects of the mass of liquid or ice in the parcel (HW5 last problem)
- No mixing

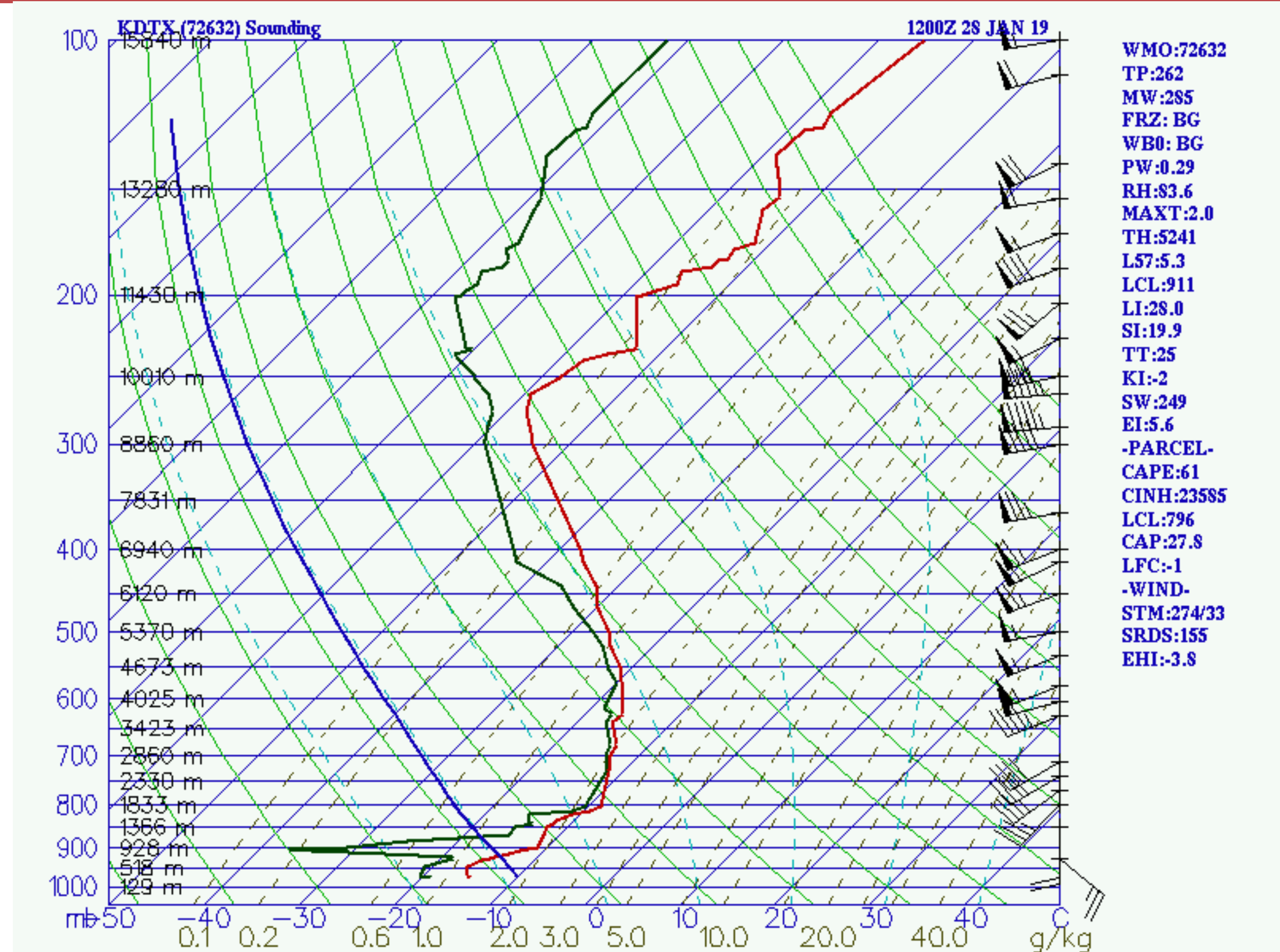
Because of this,  $w_{\max}$  is an overestimate of the actual vertical velocities observed in deep convection

# Mechanically-forced lifting

In class, we've seen that ascent can be triggered by buoyancy

But what if the sounding does not support positive buoyancy?

$$\frac{Dw}{Dt} = -\frac{1}{\rho_0} \frac{\partial p'}{\partial z} + B$$



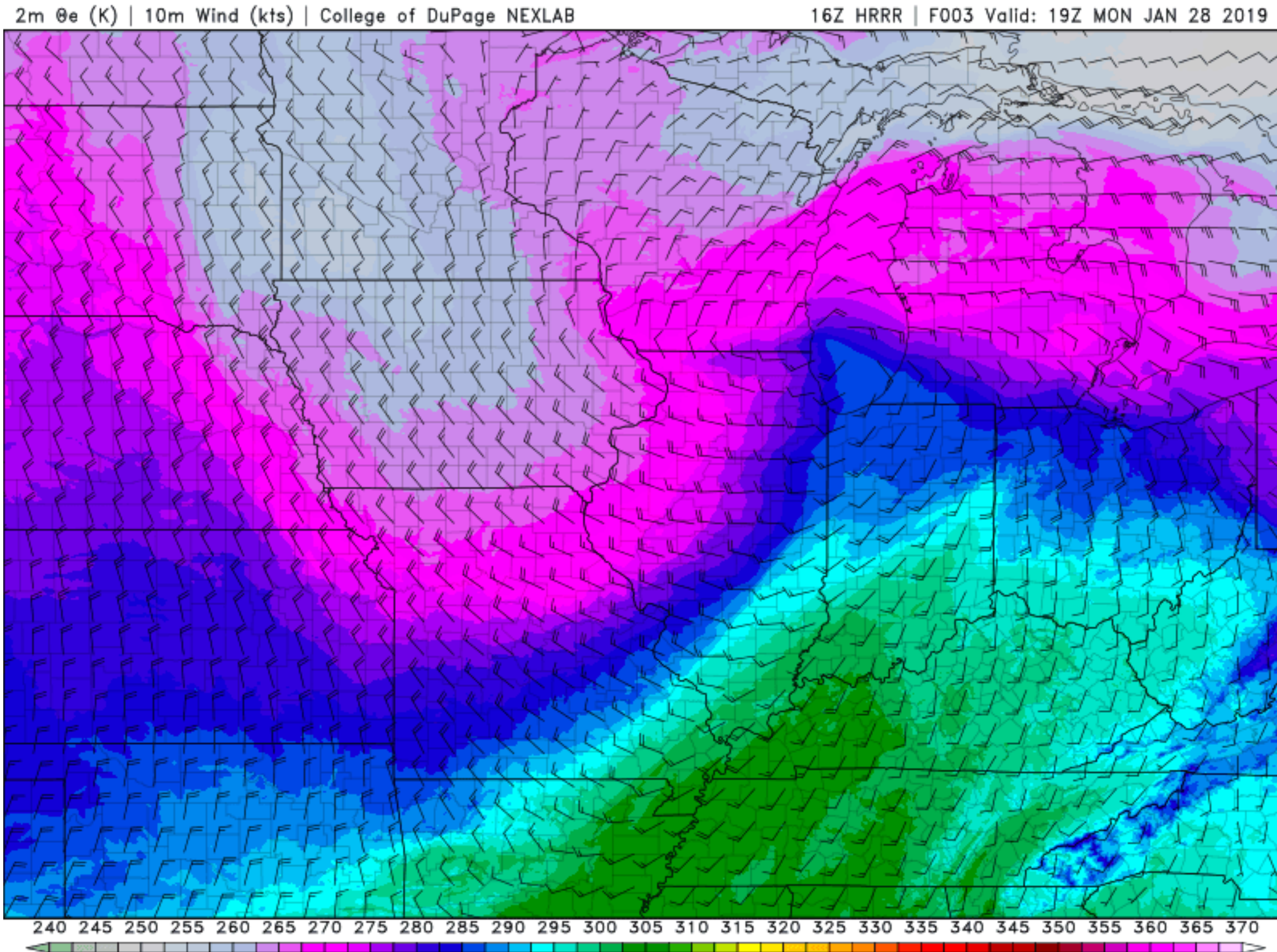
# Synoptic-scale (~1000 km) ascent

For large storm systems, vertical acceleration is weak.

Buoyancy and pressure gradients cancel out and hydrostatic balance once again emerges.

$$\frac{1}{\rho_0} \frac{\partial p'}{\partial z} \simeq B$$

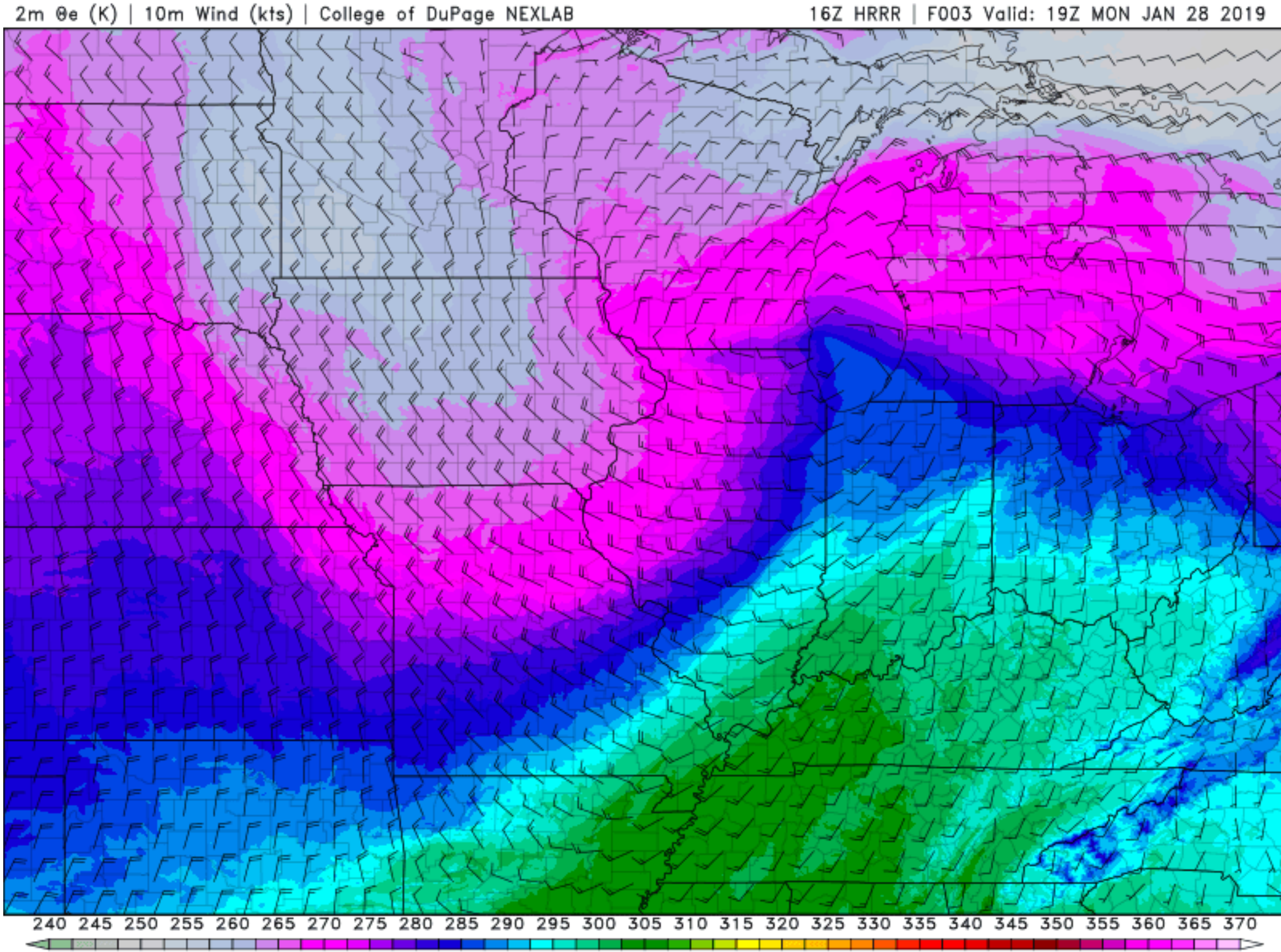
Resulting vertical motion is weak





# Synoptic-scale (~1000 km) ascent

Notice however, the strong gradient in equivalent potential temperature.



# Entropy and vertical motion

$$\frac{D\theta_e}{Dt} \simeq 0$$

Equivalent potential temperature is conserved

Can expand using the chain rule to obtain

$$\frac{\partial\theta_e}{\partial t} + u\frac{\partial\theta_e}{\partial x} + v\frac{\partial\theta_e}{\partial y} + w\frac{\partial\theta_e}{\partial z} \simeq 0$$

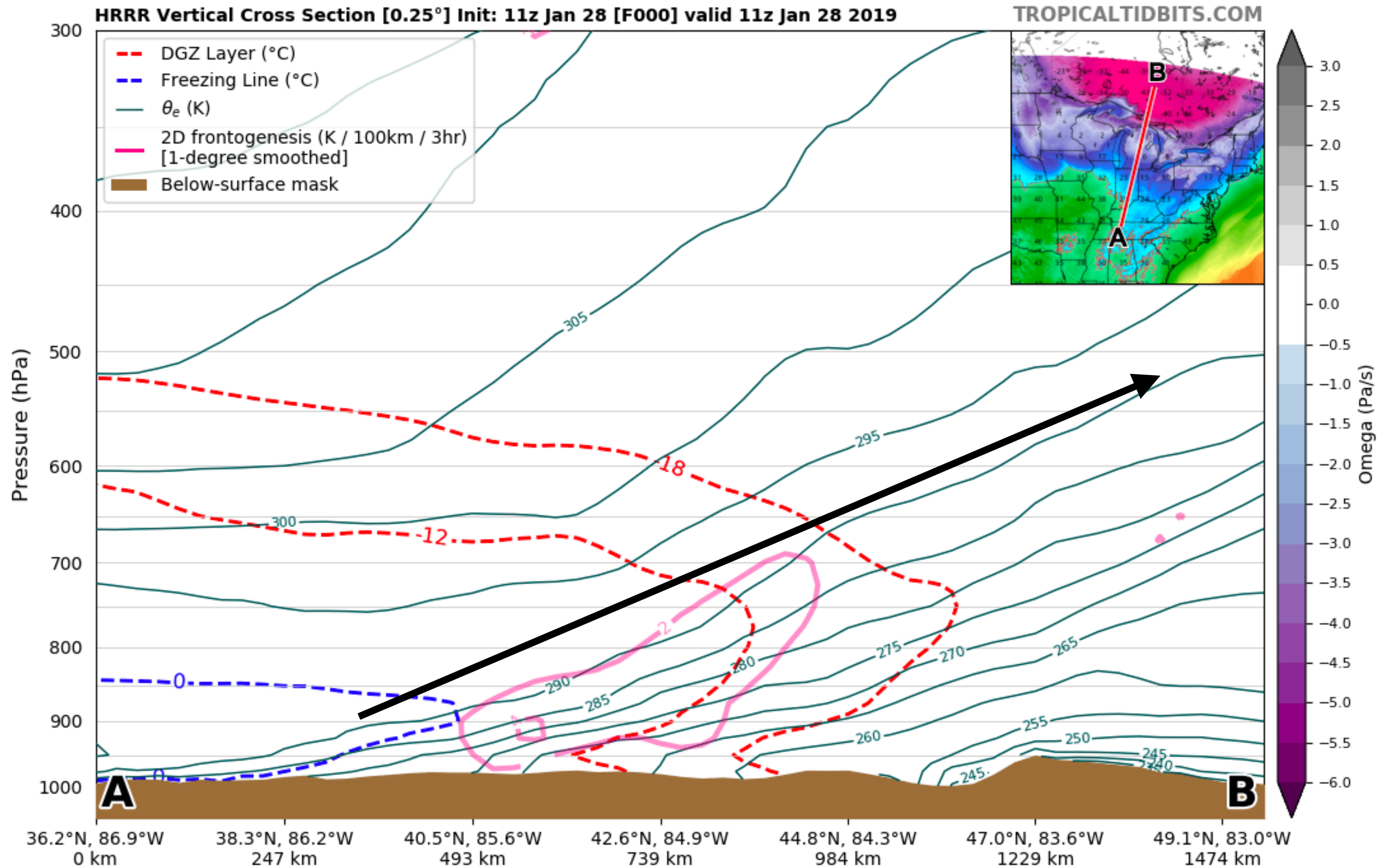
By looking at the previous map we can guess that, locally

$$w\frac{\partial\theta_e}{\partial z} = -v\frac{\partial\theta_e}{\partial y}$$

# Mechanically-forced lifting

$$w \frac{\partial \theta_e}{\partial z} = -v \frac{\partial \theta_e}{\partial y}$$

Ascent occurs along lines of constant theta-e



# How fast is air rising?

$$w = -v \frac{\partial \theta_e}{\partial y} \left( \frac{\partial \theta_e}{\partial z} \right)^{-1}$$

$$v \sim 10m/s$$

Estimating the gradients based on cross section yields

$$w \sim 10cm/s$$

