NYMEX Market Settles

Natural Gas Settle Prices	7/22/26	7/21/26	Change
Aug-26	**$2.925**	$2.865	$0.060
Sep-26	**$2.898**	$2.839	$0.059
Oct-26	**$2.926**	$2.873	$0.053
Nov-26	**$3.134**	$3.077	$0.057
Dec-26	**$3.789**	$3.718	$0.071
Jan-27	**$4.220**	$4.141	$0.079
Feb-27	**$3.825**	$3.749	$0.076
Mar-27	**$3.018**	$2.972	$0.046
Apr-27	**$2.852**	$2.812	$0.040
May-27	**$2.840**	$2.802	$0.038
Jun-27	**$2.973**	$2.936	$0.037
Jul-27	**$3.181**	$3.145	$0.036
Aug-27	**$3.249**	$3.214	$0.035
Sep-27	**$3.226**	$3.191	$0.035
Oct-27	**$3.305**	$3.270	$0.035
Nov-27	**$3.555**	$3.520	$0.035
Dec-27	**$4.191**	$4.158	$0.033
Jan-28	**$4.616**	$4.583	$0.033
Feb-28	**$4.159**	$4.123	$0.036
Mar-28	**$3.398**	$3.366	$0.032
Apr-28	**$3.139**	$3.108	$0.031
May-28	**$3.123**	$3.089	$0.034
Jun-28	**$3.253**	$3.219	$0.034
Jul-28	**$3.463**	$3.425	$0.038
Aug-28	**$3.528**	$3.489	$0.039
Sep-28	**$3.504**	$3.465	$0.039
Oct-28	**$3.559**	$3.525	$0.034
Nov-28	**$3.754**	$3.717	$0.037
Dec-28	**$4.340**	$4.300	$0.040
Jan-29	**$4.760**	$4.715	$0.045
Feb-29	**$4.335**	$4.307	$0.028
Mar-29	**$3.454**	$3.432	$0.022
Apr-29	**$3.146**	$3.125	$0.021
May-29	**$3.124**	$3.103	$0.021
Jun-29	**$3.237**	$3.216	$0.021
Jul-29	**$3.450**	$3.429	$0.021
Aug-29	**$3.506**	$3.485	$0.021
Sep-29	**$3.491**	$3.470	$0.021
Oct-29	**$3.560**	$3.536	$0.024
Nov-29	**$3.716**	$3.691	$0.025
Dec-29	**$4.295**	$4.269	$0.026
Jan-30	**$4.733**	$4.707	$0.026
Feb-30	**$4.309**	$4.283	$0.026
Mar-30	**$3.474**	$3.448	$0.026
Apr-30	**$3.094**	$3.068	$0.026
May-30	**$3.047**	$3.020	$0.027
Jun-30	**$3.174**	$3.147	$0.027
Jul-30	**$3.415**	$3.388	$0.027
Aug-30	**$3.450**	$3.420	$0.030
Sep-30	**$3.414**	$3.383	$0.031

Data Source: New York Mercantile Exchange

Natural Gas Strips ($/MMBtu)	7/22/26	7/21/26	Change
1-yr strip (Aug '26- Jul '27)	**$3.215**	$3.161	$0.054
Balance 2026	**$3.134**	$3.074	$0.060
Q4 2026	**$3.283**	$3.223	$0.060
Q1 2027	**$3.688**	$3.621	$0.067
Q2 2027	**$2.888**	$2.850	$0.038
Q3 2027	**$3.219**	$3.183	$0.035
Q4 2027	**$3.684**	$3.649	$0.034
Q1 2028	**$4.058**	$4.024	$0.034
Q2 2028	**$3.172**	$3.139	$0.033
Q3 2028	**$3.498**	$3.460	$0.039
Q4 2028	**$3.884**	$3.847	$0.037
12-month strip	**$3.215**	$3.161	$0.054
24-month strip	**$3.386**	$3.341	$0.044
36-month strip	**$3.485**	$3.445	$0.040
48-month strip	**$3.526**	$3.490	$0.036
60-month strip	**$3.537**	$3.503	$0.034
Cal '27	**$3.370**	$3.326	$0.044
Cal '28	**$3.653**	$3.617	$0.036
Cal '29	**$3.673**	$3.648	$0.025
Cal '30	**$3.621**	$3.593	$0.028
Cal '31	**$3.571**	$3.554	$0.017
Cal '32	**$3.451**	$3.439	$0.012
Cal '33	**$3.329**	$3.317	$0.012
Cal '34	**$3.325**	$3.313	$0.012
Cal '35	**$3.355**	$3.343	$0.012
Cal '36	**$3.463**	$3.451	$0.012
Cal '37	**$3.568**	$3.556	$0.012

Data Source: New York Mercantile Exchange

NYMEX Liquids	Prompt	Q4 '26	12-Month
Crude	**$86.83**	$78.83	$76.82

Data Source: New York Mercantile Exchange

Prompt Month	NYMEX August 2026	Natural Gas	**7/29/26**
Contract Expiration	NYMEX August 2026	Crude Oil	**7/21/26**

NYMEX CONTRACT EXPIRATIONS

	Natural Gas	Crude Oil
Jan 2026:	12/29/25	12/19/25
Feb 2026:	1/28/26	1/20/26
Mar 2026:	2/25/26	2/20/26
Apr 2026:	3/27/26	3/20/26
May 2026:	4/28/26	4/21/26
Jun 2026:	5/27/26	5/19/26
Jul 2026:	6/26.26	6/22/26
Aug 2026:	7/29/26	7/21/26
Sep 2026:	8/27/26	8/20/26
Oct 2026:	9/28/26	9/22/26
Nov 2026:	10/28/26	10/20/26
Dec 2026:	11/25/26	11/20/26

E.I.A. Storage Data - Next report: 7/23/26, 10:30 EDT, for week ending July 17, 2026

Region	Week Ended 7/10/26	Prior Week	Change
East	614	600	14
Midwest	749	729	20
Mountian	240	236	4
Pacific	319	319	0
South Central	1,103	1,100	3
TOTAL	**3,024**	**2,983**	**41**
Prior Year	3,045	2,998	47
5-year avg	2,843	2,798	45
Current Year vs. Prior Year	-21	-15	-6
Current Year vs. 5-yr Avg.	181	185	-4

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