

$\Omega$ (rad s <sup>-1</sup> )	E	P	$\Theta$	m	Nu
0.608	$8.89 \times 10^{-5}$	0.977777	1.67545	2	10.9864
0.618	$8.75 \times 10^{-5}$	0.993859	1.62167	2	9.72471
0.628	$8.61 \times 10^{-5}$	1.00994	1.57044	2	9.66889
0.638	$8.41 \times 10^{-5}$	1.03406	1.49802	2	9.64656
0.648	$8.35 \times 10^{-5}$	1.0421	1.47499	2	9.8252
0.658	$8.22 \times 10^{-5}$	1.05819	1.4305	2	9.75821
0.668	$8.10 \times 10^{-5}$	1.07427	1.38799	2	9.91452
0.678	$7.98 \times 10^{-5}$	1.09035	1.34735	2	10.0485
0.697	$7.76 \times 10^{-5}$	1.12091	1.27489	2	10.2383
0.721	$7.50 \times 10^{-5}$	1.1595	1.19143	2	10.5398
0.745	$7.26 \times 10^{-5}$	1.1981	1.1159	2	10.4616
0.8	$6.76 \times 10^{-5}$	1.28334	0.97258	2	10.8189
0.803	$6.73 \times 10^{-5}$	1.29137	0.960524	2	10.4169
0.995	$5.44 \times 10^{-5}$	1.60015	0.625595	2	10.0932
1.004	$5.39 \times 10^{-5}$	1.61462	0.614429	2	10.4058
1.256	$4.31 \times 10^{-5}$	2.01988	0.392609	2	9.85869
1.268	$4.26 \times 10^{-5}$	2.03918	0.385213	2	11.098
1.288	$4.20 \times 10^{-5}$	2.07134	0.373343	2	10.65
1.307	$4.14 \times 10^{-5}$	2.1019	0.362567	2	10.7184
1.407	$3.84 \times 10^{-5}$	2.26272	0.312861	2	10.5286
1.506	$3.59 \times 10^{-5}$	2.42193	0.27308	2	9.89219
1.756	$3.08 \times 10^{-5}$	2.82398	0.200859	2	9.69122
2.004	$2.70 \times 10^{-5}$	3.22281	0.154221	2	9.85869
2.257	$2.40 \times 10^{-5}$	3.62968	0.121584	2	9.74704
2.503	$2.16 \times 10^{-5}$	4.01527	0.0993536	2	10.082
2.753	$1.96 \times 10^{-5}$	4.42734	0.0817197	2	10.0708
3.752	$1.44 \times 10^{-5}$	6.01142	0.044326	2	9.62423
4.002	$1.35 \times 10^{-5}$	6.43596	0.038671	2	8.96549
4.252	$1.27 \times 10^{-5}$	6.83801	0.0342573	2	9.13297

TABLE 3. Laboratory measurements of heat transport in the rotating annulus as described in the text for a range of experimental parameters and wavenumber  $m = 2$  in the regular baroclinic wave regime.

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$\Omega$ (rad s <sup>-1</sup> )	E	P	$\Theta$	$m$	Nu
0.838	$6.45 \times 10^{-5}$	1.33932	0.892989	3	9.31161
0.837	$6.46 \times 10^{-5}$	1.33937	0.892914	3	9.68005
0.848	$6.38 \times 10^{-5}$	1.36374	0.861286	3	9.98151
0.857	$6.31 \times 10^{-5}$	1.37308	0.849616	3	10.0485
0.879	$6.15 \times 10^{-5}$	1.41714	0.797599	3	9.89219
0.897	$6.03 \times 10^{-5}$	1.44435	0.767834	3	10.2048
0.917	$5.90 \times 10^{-5}$	1.47655	0.734706	3	10.0485
0.948	$5.70 \times 10^{-5}$	1.52456	0.689164	3	10.35
0.996	$5.43 \times 10^{-5}$	1.59976	0.6259	3	10.0262
1	$5.41 \times 10^{-5}$	1.61425	0.614709	3	10.1378
1.005	$5.38 \times 10^{-5}$	1.61623	0.613207	3	9.88102
1.004	$5.39 \times 10^{-5}$	1.62275	0.608285	3	9.95918
1.015	$5.33 \times 10^{-5}$	1.63231	0.601184	3	10.53
1.272	$4.25 \times 10^{-5}$	2.04561	0.382794	3	10.3611
1.522	$3.55 \times 10^{-5}$	2.44766	0.267368	3	10.1936
1.773	$3.05 \times 10^{-5}$	2.85131	0.197025	3	10.216
2.014	$2.69 \times 10^{-5}$	3.23889	0.152693	3	10.0038
2.265	$2.39 \times 10^{-5}$	3.64254	0.120727	3	10.216
2.514	$2.15 \times 10^{-5}$	4.04298	0.0979961	3	9.83636
2.764	$1.96 \times 10^{-5}$	4.44503	0.0810706	3	9.94801
3.013	$1.79 \times 10^{-5}$	4.84547	0.0682246	3	9.86986
3.265	$1.66 \times 10^{-5}$	5.25073	0.0580996	3	9.71355
3.513	$1.54 \times 10^{-5}$	5.64956	0.050186	3	9.53491
3.761	$1.44 \times 10^{-5}$	6.04839	0.0437857	3	9.63539
4.01	$1.35 \times 10^{-5}$	6.44883	0.0385168	3	9.21112
4.249	$1.27 \times 10^{-5}$	6.83318	0.0343057	3	9.27811
4.508	$1.20 \times 10^{-5}$	7.24971	0.0304769	3	9.07714

TABLE 4. Laboratory measurements of heat transport in the rotating annulus as described in the text for a range of experimental parameters and wavenumber  $m = 3$  in the regular baroclinic wave regime.



$\Omega$ (rad s <sup>-1</sup> )	E	P	$\Theta$	$m$	Nu
1.217	$4.44 \times 10^{-5}$	1.95716	0.418175	4	10.8524
1.227	$4.41 \times 10^{-5}$	1.97324	0.411387	4	10.9305
1.237	$4.37 \times 10^{-5}$	1.98933	0.404762	4	10.9529
1.247	$4.34 \times 10^{-5}$	2.00541	0.398296	4	10.7742
1.258	$4.30 \times 10^{-5}$	2.0231	0.391361	4	11.232
1.506	$3.59 \times 10^{-5}$	2.42193	0.27308	4	10.6179
1.756	$3.08 \times 10^{-5}$	2.82398	0.200859	4	10.7519
2.005	$2.70 \times 10^{-5}$	3.22441	0.154067	4	10.4169
2.256	$2.40 \times 10^{-5}$	3.63717	0.121083	4	10.3835
2.509	$2.16 \times 10^{-5}$	4.02991	0.098633	4	10.8077
2.754	$1.96 \times 10^{-5}$	4.41791	0.0820687	4	10.7072
3.003	$1.80 \times 10^{-5}$	4.81736	0.0690231	4	10.4951
3.253	$1.66 \times 10^{-5}$	5.2184	0.0588217	4	10.283
3.502	$1.54 \times 10^{-5}$	5.60392	0.0510068	4	10.2383
3.751	$1.44 \times 10^{-5}$	6.03986	0.0439095	4	10.015

TABLE 5. Laboratory measurements of heat transport in the rotating annulus as described in the text for a range of experimental parameters and wavenumber  $m = 4$  in the regular baroclinic wave regime.

$\Omega$ (rad s <sup>-1</sup> )	E	P	$\Theta$	$m$	Nu
0.838	$6.45 \times 10^{-5}$	1.33932	0.892989	3	9.31161
0.837	$6.46 \times 10^{-5}$	1.33937	0.892914	3	9.68005
0.848	$6.38 \times 10^{-5}$	1.36374	0.861286	3	9.98151
0.857	$6.31 \times 10^{-5}$	1.37308	0.849616	3	10.0485
0.879	$6.15 \times 10^{-5}$	1.41714	0.797599	3	9.89219
0.897	$6.03 \times 10^{-5}$	1.44435	0.767834	3	10.2048
0.917	$5.90 \times 10^{-5}$	1.47655	0.734706	3	10.0485
0.948	$5.70 \times 10^{-5}$	1.52456	0.689164	3	10.35
0.996	$5.43 \times 10^{-5}$	1.59976	0.6259	3	10.0262
1	$5.41 \times 10^{-5}$	1.61425	0.614709	3	10.1378
1.005	$5.38 \times 10^{-5}$	1.61623	0.613207	3	9.88102
1.004	$5.39 \times 10^{-5}$	1.62275	0.608285	3	9.95918
1.015	$5.33 \times 10^{-5}$	1.63231	0.601184	3	10.53
1.272	$4.25 \times 10^{-5}$	2.04561	0.382794	3	10.3611
1.522	$3.55 \times 10^{-5}$	2.44766	0.267368	3	10.1936
1.773	$3.05 \times 10^{-5}$	2.85131	0.197025	3	10.216
2.014	$2.69 \times 10^{-5}$	3.23889	0.152693	3	10.0038
2.265	$2.39 \times 10^{-5}$	3.64254	0.120727	3	10.216
2.514	$2.15 \times 10^{-5}$	4.04298	0.0979961	3	9.83636
2.764	$1.96 \times 10^{-5}$	4.44503	0.0810706	3	9.94801
3.013	$1.79 \times 10^{-5}$	4.84547	0.0682246	3	9.86986
3.265	$1.66 \times 10^{-5}$	5.25073	0.0580996	3	9.71355
3.513	$1.54 \times 10^{-5}$	5.64956	0.050186	3	9.53491
3.761	$1.44 \times 10^{-5}$	6.04839	0.0437857	3	9.63539
4.01	$1.35 \times 10^{-5}$	6.44883	0.0385168	3	9.21112
4.249	$1.27 \times 10^{-5}$	6.83318	0.0343057	3	9.27811
4.508	$1.20 \times 10^{-5}$	7.24971	0.0304769	3	9.07714

TABLE 4. Laboratory measurements of heat transport in the rotating annulus as described in the text for a range of experimental parameters and wavenumber  $m = 3$  in the regular baroclinic wave regime.