



FIG. 8. (a) Upper panel: Evolution of volume mean eddy kinetic energy ($\text{m}^2 \text{s}^{-2}$) for wave L shown in the boxed area on the left in Fig. 7. Lower panel: Evolution of volume mean eddy kinetic energy budget terms ($\text{m}^2 \text{s}^{-2} \text{day}^{-1}$) for wave L. The curves shown are contributions from the geopotential flux term (A), baroclinic conversion (B), barotropic conversion (C), and advection (D),