Year	Hour	deg	Year	Hour	deg	Year	Hour	deg
106	0–5	32.1	149	10–23	82.0	120	22–24	180.1
147	21–24	—	150	2–15	70.6	121	0–9	174.6
148	0–18	358.0	166	22–24	68.6	126	3–18	172.8
149	4–24	0.0	167	0–24	55.6	137	17–24	167.0
150	0–8	356.5	168	0–6	65.0	138	0–12	160.7
155	0–24	354.4	176	12–24	56.1	139	3–24	165.7
156	0–20	356.2	177	0–24	52.6	140	0–1	—
169	19–24	347.2	178	0–3	58.4	140	4–24	158.6
170	0–21	341.1	187	22–24	—	141	0–3	—
218	1–24	307.0	188	0–24	39.0	141	9–24	161.4
219	0–19	302.6	189	0–15	49.2	142	0–12	156.7
246	11–22	288.1	192	13–24	46.3	180	9–17	137.2
247	10–24	281.7	193	0–13	41.9	182	3–24	134.4
248	0–22	286.1	195	15–24	36.7	183	0–1	—
299	22–24	—	196	0–10	40.3	183	6–17	124.0
300	0–21	249.7	197	17–23	—			
303	16–24	245.0	228	7–24	17.1			
304	0–15	247.4	229	0–3	—			
324	7–24	229.9	229	7–24	11.6			
325	0–24	226.0	230	0–24	15.9			
327	7–24	225.7	231	0–9	8.9			
			325	7–24	300.0			
			326	0–24	302.7			
			327	0–18	309.5			

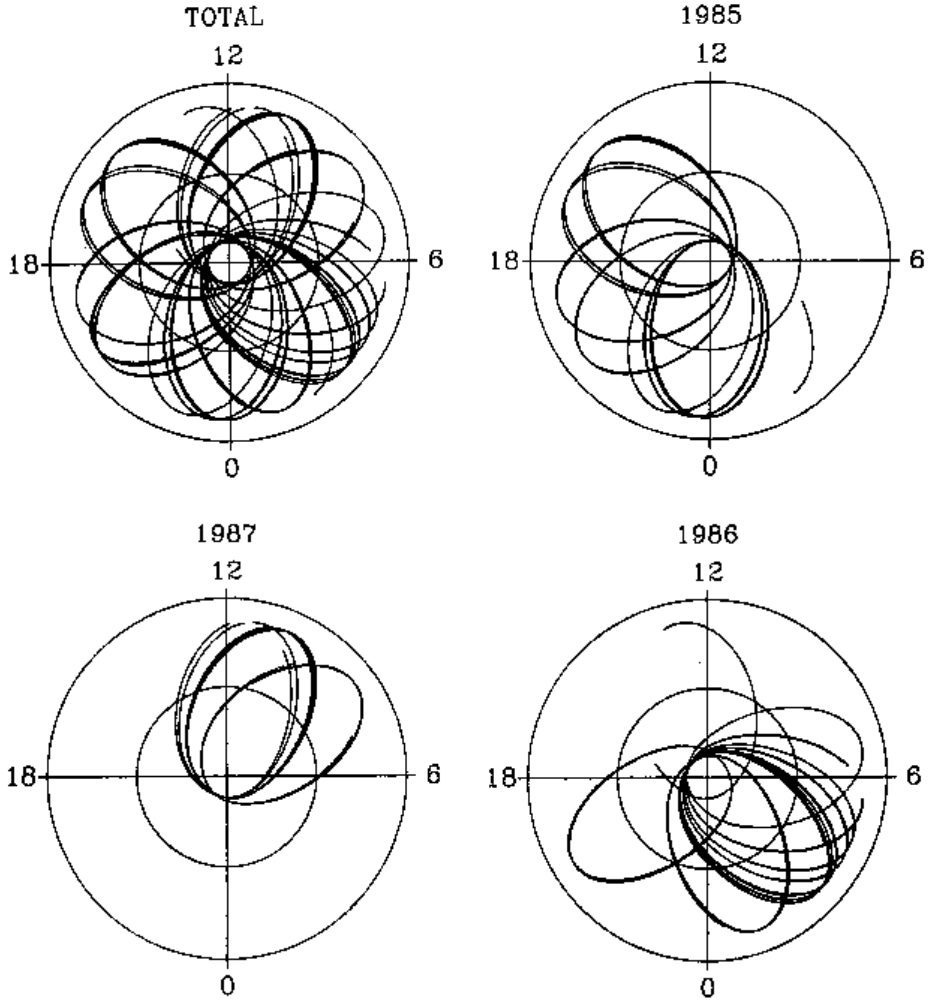

Fig. 1. AMPTE/CCE orbits shown in the equatorial plane for all hours included in the quiet time data set.

based on indices of magnetospheric activity, *Kp* and *Dst*; and two in situ checks from satellite data, proton energy density and the "approach to equilibrium." Criteria 5 and 6, though based on the data, exclude only two limited periods near a major storm as will be discussed below. The criteria are as follows: (1) $|Dst| < 11$ nT, for every hour included; (2) $|Dst| < 16$ nT, for 24 hours preceding each hour included; (3) $Kp < 2+$, for every 3 hour period included; (4) $Kp < 3$, for 24 hours preceding each hour included; (5) H^+ energy density (L=3–5) <60 keVcm^{-3}; (6) H^+ fluxes "near" th time equilibrium values.

Active magnetospheric conditions generally pump up the ri current, and therefore depress the *Dst* index. Quiet times, on t other hand, are characterized by a gradual increase in *Dst* back baseline values, so the quietest periods should theoretically have *Dst* of 0. Positive *Dst*, if it is not just normal fluctuation around could arise from a poor normalization or from a magnetospheric d