

Week to 05/03/2024	Price change	Trend	Commercial				Large Speculators				Small Traders				Open Interest		Net Position - Commercials			26-weeks Position Extremes Commercial		COT Index
			Long	Change	Short	Change	Long	Change	Short	Change	Long	Change	Short	Change	Value	Change	Net	Change	Change	High	Low	
Indices																						
S&P500	0.45%	↔	1 392 147	-9 886	1 542 740	-49 244	272 813	-47 739	229 680	-23 194	279 080	-9 319	171 620	5 494	2 006 204	-3%	-150 593	39 358	-21%	161 838	-189 951	11%
NASDAQ	0.87%	↔	139 475	-2 239	154 032	-6 160	60 312	-3 119	57 540	234	44 588	802	32 803	1 370	253 154	-1%	-14 557	3 921	-21%	-1 087	-47 893	71%
RUSSELL	1.61%	↔	372 284	533	336 392	-5 219	70 255	-2 156	110 544	2 033	26 725	-998	22 328	565	480 835	1%	35 892	5 752	19%	72 636	-31 976	65%
DOW E-MINI	1.02%	↔	56 959	679	63 598	-412	17 883	-1 383	12 685	271	12 944	71	11 503	-492	89 960	-1%	-6 639	1 091	-14%	42 559	-26 351	29%
Bonds																						
30-YR T-BONDS	1.62%	↔	1 105 551	18 554	1 110 158	8 826	258 380	5 643	281 494	7 586	192 864	-5 828	165 143	1 957	1 573 888	2%	-4 607	9 728	-68%	100 575	-36 743	23%
10-YR T-BONDS	1.09%	↔	3 428 368	24 231	2 971 089	-76 094	451 643	-94 724	884 608	-15 679	405 462	365	429 776	21 645	4 415 393	-2%	457 279	100 325	28%	822 775	350 006	23%
Currencies																						
DOLLAR INDEX	-0.95%	↔	9 894	1 285	12 083	1 348	33 593	2 246	33 628	2 068	4 410	15	2 186	130	48 784	7%	-2 189	-63	3%	-305	-20 732	91%
EURO FX	0.62%	↔	399 163	-14 606	409 900	-9 134	167 185	-111	173 962	-3 323	73 035	625	55 521	-1 635	652 297	-2%	-10 737	-5 472	104%	-5 265	-188 929	97%
SWISS FRANC	0.99%	↔	78 446	2 865	20 163	899	11 040	1 359	52 826	583	9 120	-1 494	25 617	1 248	98 926	3%	58 283	1 966	3%	58 283	273	100%
BRITISH POUND	0.42%	↔	162 366	-620	118 806	-3 327	43 668	-4 791	72 658	-2 034	21 215	-1 250	35 785	-1 300	235 610	-3%	43 560	2 707	7%	43 560	-78 920	100%
JAPANESE YEN	3.44%	↔	244 920	5 073	68 798	8 095	40 435	-1 991	208 823	-13 522	41 917	-5 464	49 651	3 045	334 848	0%	176 122	-3 022	-2%	179 144	52 659	98%
CANADIAN DOLLAR	-0.14%	↔	144 359	-12 658	73 869	1 314	33 793	-2 080	96 994	-15 329	28 321	-916	35 610	-1 639	211 555	-7%	70 490	-13 972	-17%	91 572	-4 200	78%
AUSTRALIAN DOLLAR	1.16%	↔	157 629	-16 386	65 235	6 096	41 293	-2 136	124 528	-15 140	20 613	4 324	29 772	-5 154	224 573	-6%	92 394	-22 482	-20%	117 540	21 070	74%
NEW ZEALAND	1.21%	↔	33 942	-2 881	23 335	914	21 514	3 260	30 065	-236	3 253	-180	5 309	-479	58 811	0%	10 607	-3 795	-26%	20 208	-12 425	71%
MEXICAN PESO	1.23%	↔	95 715	1 761	219 040	-3 301	144 679	-7 392	25 634	-2 782	7 175	-378	2 895	74	249 126	-2%	-123 325	5 062	-4%	-41 220	-144 453	20%
Energy																						
CRUDE OIL	-6.78%	↔	640 379	16 325	949 122	17 543	392 782	11 304	127 321	10 679	86 115	-1 026	42 833	-1 619	1 794 542	2%	-308 743	-1 218	0%	-175 326	-337 747	18%
GASOLINE	-6.99%	↔	185 003	-6 064	264 362	-11 609	112 239	-1 432	44 761	3 434	27 246	-707	15 365	-28	414 745	0%	-79 359	5 545	-7%	-52 860	-96 490	39%
HEATING OIL	-4.64%	↔	177 405	6 016	194 653	23	40 383	-3 016	36 111	1 111	43 350	-1 744	30 374	122	362 786	1%	-17 248	5 993	-26%	-17 248	-58 291	100%

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NATURAL GAS	11.98%	↔	602 198	15 953	469 174	-2 060	312 077	5 823	462 310	23 578	58 401	-1 532	41 192	-1 274	1 559 471	1%	133 024	18 013	16%	133 024	39 539	100%
Metals																						
GOLD	-1.68%	↔	126 925	-2 158	354 423	-1 532	278 850	-685	74 640	-2 004	50 274	1 360	26 986	2 053	519 791	1%	-227 498	-626	0%	-152 980	-235 478	10%
SILVER	-2.65%	↔	40 745	-2 500	115 941	-4 713	83 094	-3 084	28 600	1 762	32 309	1 862	11 607	-771	166 315	-5%	-75 196	2 213	-3%	-29 688	-77 409	5%
PLATINUM	4.52%	↔	20 552	2 126	33 122	-102	42 532	-4 064	35 735	-3 397	9 143	-1 677	3 370	-116	80 142	-4%	-12 570	2 228	-15%	-2 365	-32 850	67%
PALLADIUM	-0.89%	↔	13 294	1 595	2 514	2	5 433	20	16 503	1 932	2 011	406	1 721	87	23 638	13%	10 780	1 593	17%	13 042	8 198	53%
COPPER	-0.43%	↔	66 105	-7 215	132 747	-6 768	152 807	3 794	94 743	4 124	23 247	174	14 669	-603	293 492	-5%	-66 642	-447	1%	30 426	-66 642	0%
Grains																						
SOYBEANS	3.33%	↔	447 805	-31 568	279 129	-40 922	92 100	-4 330	254 443	3 443	52 018	-3 591	58 351	-2 010	722 851	-11%	168 676	9 354	6%	207 278	-69 495	86%
SOYBEAN MEAL	8.43%	↔	191 673	-19 883	240 781	-2 335	130 740	10 298	98 621	-7 378	43 016	-2 878	26 027	-2 750	441 965	-7%	-49 108	-17 548	56%	56 238	-155 771	50%
SOYBEAN OIL	-5.53%	↔	290 371	-1 534	235 015	-25 885	109 597	-5 860	166 039	19 241	31 192	2 831	30 106	2 081	551 017	-3%	55 356	24 351	79%	55 356	-30 832	100%
CORN	2.17%	↔	624 235	-52 291	467 130	-37 008	284 015	-4 514	427 439	-21 258	138 688	-10 522	152 369	-9 061	1 417 715	-6%	157 105	-15 283	-9%	282 468	128 097	19%
WHEAT	0.12%	↔	132 764	-2 675	100 202	10 002	120 889	-2 808	145 345	-21 743	26 535	-3 786	34 641	2 472	362 572	-3%	32 562	-12 677	-28%	98 645	32 562	0%
ROUGH RICE	-1.18%	↔	3 153	3	6 882	926	3 410	409	625	-499	2 057	141	1 113	126	8 868	6%	-3 729	-923	33%	-866	-7 448	57%
Softs																						
COTTON	-3.71%	↔	89 336	4 562	108 167	-7 695	71 065	-3 700	51 843	5 937	12 824	-513	13 215	2 107	204 757	0%	-18 831	12 257	-39%	-3 342	-112 881	86%
COFFEE	-10.19%	↔	81 941	-935	154 097	-3 994	93 006	-730	24 416	2 594	8 361	27	4 795	-238	235 673	-1%	-72 156	3 059	-4%	-26 760	-78 835	13%
COCOA	-25.29%	↔	51 146	1 009	83 268	-2 272	46 931	-4 754	19 779	-2 322	11 182	-1 258	6 212	-409	152 039	-1%	-32 122	3 281	-9%	-32 122	-78 485	100%
SUGAR	1.05%	↔	460 096	8 116	489 916	-1 214	199 571	2 274	159 266	7 070	63 606	-2 556	74 091	1 978	833 374	1%	-29 820	9 330	-24%	-29 820	-283 940	100%
ORANGE JUICE	-0.90%	↔	1 662	-28	4 791	407	4 291	142	2 084	-102	2 054	3	1 132	-188	8 091	0%	-3 129	-435	16%	-388	-3 129	0%
Meats																						
LIVE CATTLE	-1.01%	↔	97 729	1 053	135 817	-710	99 665	44	55 862	3 794	26 257	640	31 972	-1 347	275 985	1%	-38 088	1 763	-4%	-22 619	-66 632	65%

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FEEDER CATTLE	-2.06%	↔	15 406	488	10 355	913	13 357	-519	13 662	-294	9 877	224	14 623	-426	48 704	-1%	5 051	-425	-8%	5 786	1 293	84%
LEAN HOGS	-3.37%	↔	102 259	3 447	145 516	-598	116 668	-5 806	64 730	-1 128	22 574	-30	31 255	-663	299 666	0%	-43 257	4 045	-9%	34 468	-49 252	7%
Other																						
BITCOIN	-1.81%	↑	1 291	-12	1 821	-139	19 569	-2 865	19 563	-2 871	1 461	-64	937	69	24 795	-11%	-530	127	-19%	1 387	-1 008	20%
VIX FUTURES	-5.19%	↑	152 812	2 721	124 383	-2 237	91 655	1 824	114 088	6 257	26 276	2 098	32 272	2 623	373 201	2%	28 429	4 958	21%	60 403	23 471	13%

Futures, foreign currency and options trading contains substantial risk and is not for every investor. An investor could potentially lose all or more than the initial investment. Risk capital is money that can be lost without jeopardizing one’s financial security or lifestyle. Only risk capital should be used for trading and only those with sufficient risk capital should consider trading. Past performance is not necessarily indicative of future results. View Full Risk Disclosure.CFTC Rules 4.41 - Hypothetical or Simulated performance results have certain limitations, unlike an actual performance record, simulated results do not represent actual trading. Also, since the trades have not been executed, the results may have under-or-over compensated for the impact, if any, of certain market factors, such as lack of liquidity. Simulated trading programs in general are also subject to the fact that they are designed with the benefit of hindsight. No representation is being made that any account will or is likely to achieve profit or losses similar to those shown.