**"When do they do the soundings?"**   
routine upper air soundings are launched world-wide at 00z and 12z.

8 am and 8 pm in during DST

7 am and 7 pm in during EST

**"Like this morning at 6:30am EST I ran the Skew-T for Hyner 24 hour period and saw an "A" at 0600z, and "F12" at 1800Z."**

'A' at 0600Z is the model's 0-hour analysis   
'F12 at 1800z' is the 12-hour forecast verifying at 18z (06z + 12 hours = 18z)

**“When is the best time of day to check the Skew-t on a potential soaring day?”**

for general planning purposes the 12z run from the day before flying.

will usually suffice (the 06z and 18z can be a bit psychotic).  the exception would be if there's a near-term frontal passage where the timing could be an issue.

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- the 'global' numerical weather prediction models run every 6 hours out to 240-768 hours (10 to 16 days)   
- the 'regional' models also run every 6 hours; however ... their forecasts extend up to 84 hours   
- the 'convection allowing' models produce hourly forecasts out to 18-60 hours

so many choices.  in fact too many choices.

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the FOUS product with the VV field comes from the NAM model   
2 systematic errors with the NAM: too much moisture and too strong wind   
  
imo .. the GFS is good horse to ride. the models with shorter forecast periods may be better but i have no experience with them when it comes to soaring weather.

soarcast isn't a tool for predicting cloudbase.b/c there's no moisture information on the output.  it uses the observed/environmental lapse rate from a vicinity upper air sounding and the forecast high temperature. it's purely for predicting the depth of the thermal soaring layer where -3 TI is top of the lift.

the idea is to lapse the dewpoint temperature (Td) until it intersects with the air temperature (T).  when Td comes within a few degrees T condensation and clouds are predicted.

your attached skewp shows a 'blue' day i.e., no cumulus.  
lifting the Td along the moist adiabat wouldn't intersect with T until 10K' which is far and away above the base of a developing inversion at 900 mb (~2800').

