

1 **Vigorous lateral export of the meltwater outflow from beneath an**
2 **Antarctic ice shelf**

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21 **Instability and accelerated melting of the Antarctic Ice Sheet are one of the**
22 **foremost elements of contemporary global climate change^{1,2}. Increased**
23 **freshwater output from Antarctica is regularly highlighted as a significant**
24 **player in determining sea level rise^{1,3}, the fate of Antarctic sea ice and its effect**
25 **on the Earth's albedo^{4,5}, on-going changes in global deep-ocean ventilation^{3,6},**
26 **and the evolution of Southern Ocean ecosystems and carbon cycling^{7,8}. A key**
27 **uncertainty in assessing and predicting the impacts of Antarctic ice sheet melting**
28 **concerns the vertical distribution of the exported meltwater. This is commonly**
29 **represented by climate-scale models^{3-5,9} as a near-surface freshwater input to the**
30 **ocean, yet measurements around Antarctica reveal the meltwater to be**
31 **concentrated at deeper levels¹⁰⁻¹⁴. Here, we use observations of the turbulent**

32 **properties of the meltwater outflows from beneath a rapidly-melting Antarctic**
33 **ice shelf to identify the mechanism responsible for the meltwater's deep focus.**
34 **We show that the initial ascent of the meltwater outflow from the ice shelf cavity**
35 **triggers centrifugal instability, an overturning instability that grows by**
36 **extracting kinetic energy from the lateral shear of the background oceanic flow.**
37 **The instability promotes vigorous lateral export, rapid dilution by turbulent**
38 **mixing, and the ultimate settling of meltwater at depth. The relevance of this**
39 **mechanism to a broad spectrum of Antarctic ice shelves is substantiated with an**
40 **idealised ocean circulation model. Our findings demonstrate that the widely**
41 **documented presence of meltwater at depth is a dynamically robust feature of**
42 **Antarctic melting, and call for the representation of its underpinning mechanism**
43 **in climate-scale models.**

44

45 The ice shelves of West Antarctica are losing mass at accelerated rates^{2,15}, possibly
46 heralding the instability and future collapse of a significant sector of the Antarctic Ice
47 Sheet¹⁶. The recent rapid thinning of the ice shelves is generally attributed to basal
48 melt driven by warm sub-surface waters originating in the mid-latitude Southern
49 Ocean^{17,18}, and the mechanisms responsible for the enhanced oceanic delivery of heat
50 to the ice shelves are beginning to be understood^{19,20}. In contrast, comparatively little
51 is known about the pathways and fate of the increasing amounts of meltwater pouring
52 into the ocean from the ice shelves. While a widespread freshening of the polar seas
53 fringing Antarctica has been documented over the period of elevated ice shelf mass
54 loss^{3,21}, the processes regulating the export of meltwater from the ice shelves remain
55 undetermined, with a key focus of debate being the vertical distribution of the
56 exported meltwater²². Ice shelf melting is characterised as a surface freshwater source
57 by many climate-scale models^{3-5,9}, yet this representation appears at odds with the
58 common observation of meltwater being concentrated in the thermocline (at depths of

59 several hundred metres) across the Antarctic polar seas¹⁰⁻¹⁴.
60
61 To resolve this conundrum, we conducted a set of detailed measurements of the
62 hydrographic, velocity and shear microstructure properties of the flow in the close
63 vicinity of the calving front of Pine Island Ice Shelf (PIIS; Fig. 1), one of the fastest-
64 melting ice shelves in Antarctica^{15,17}. The observations were obtained in 12 – 15
65 February 2014 from the *RRS James Clark Ross* under the auspices of the U.K.'s Ice
66 Sheet Stability programme (iSTAR), and were embedded within a cyclonic gyre
67 circulation spanning Pine Island Bay (Fig. 1). This gyre conveys relatively warm
68 Circumpolar Deep Water toward the ice shelf cavity in its northern limb, and exports
69 meltwater-rich glacially-modified water (GMW) away from the cavity in its southern
70 limb^{10,23}. Our measurements included sections of 140 hydrographic and 70
71 microstructure profiles with respective horizontal spacings of ~0.3 km and ~0.6 km,
72 directed either parallel to the entire PIIS calving front at a horizontal distance of 0.5 –
73 1 km (transects S1A – S1B, Fig.1) or perpendicular to the calving front along the
74 main GMW outflow from the cavity (transect S2, Fig. 1). Further details of the data
75 set are given in the Methods. As regional tidal flows are weak, aliasing of tidal
76 variability by our observations is insignificant to our analysis (see Methods).
77
78 An overview of the observed circulation across the PIIS calving front is provided by
79 Fig. 2. Circumpolar Deep Water warmer than 0°C enters the ice shelf cavity beneath
80 the thermocline, centred at a depth of 400 – 500 m (Fig. 2a). Colder Winter Water
81 occupies the upper ocean, and acquires its near-freezing temperature from the strong
82 oceanic heat loss to the atmosphere that occurs in Pine Island Bay throughout much of
83 the year²⁴. The layer of Winter Water is punctuated by a series of warmer (>-0.8°C), 1
84 – 3 km-wide lenses in the 200 – 400 m depth range that are associated with rapid flow

85 out of the cavity (Fig. 2b) and contain meltwater-rich GMW (Fig. 2c). GMW is
86 warmer than the surrounding Winter Water because it has properties intermediate
87 between the Circumpolar Deep Water and meltwater from which it derives¹⁰.
88 Although GMW outflows the cavity at several locations, its export is focussed on a
89 fast, narrow jet at the southwestern end of the PIIS calving front, where cross-front
90 speed surpasses 0.5 m s^{-1} . Outflowing lenses of GMW are consistently characterised
91 by very intense small-scale turbulence, with rates of turbulent kinetic energy
92 dissipation ($\epsilon \sim 10^{-7} \text{ W kg}^{-1}$) and diapycnal mixing ($\kappa \sim 10^{-2} \text{ m}^2 \text{ s}^{-1}$) exceeding oceanic
93 background values by typically three orders of magnitude (Figs. 2c,d; see Methods).
94 This vigorous turbulent mixing promotes the rapid dilution and dispersal of GMW,
95 and opposes the ascent of the exported meltwater to the upper ocean as a coherent
96 flow.

97
98 The cause of the strong turbulence affecting the GMW outflows is unveiled by the
99 observations along transect S2 (Fig. 3), directed normal to the PIIS calving front and
100 approximately following the main GMW export pathway (Fig. 1). The warm
101 signature of GMW extends laterally within the 200 – 400 m depth range and up to ~2
102 km away from the calving front, contained within a density class ($27.7 - 27.8 \text{ kg m}^{-3}$)
103 that is stretched vertically relative to offshore conditions (Fig. 3a). This main lens of
104 GMW is connected to a thin filamentary feature with a vertical scale of a few tens of
105 metres that penetrates to ~4 km off the calving front, and that is surrounded by layers
106 of Winter Water. The suggested pattern of three-layered overturning flow is
107 quantitatively endorsed by the measured horizontal and vertical components of
108 velocity (Figs. 3b-c). These show GMW flowing northwestward (i.e. offshore) at ~0.3
109 m s^{-1} and upward at ~0.01 m s^{-1} , consistent with the predominantly lateral circulation
110 and vertical stretching inferred from hydrographic properties. The layers of Winter

111 Water are seen to flow slowly southeastward (i.e. onshore) and downward at rates of
112 $\sim 0.01 \text{ m s}^{-1}$, indicating a role in replenishing the areas near the calving front from
113 which GMW is exported. The GMW's edges are characterised by large horizontal
114 shear (Fig. 3b), abrupt reversals in the direction of vertical motion (Fig. 3c), and
115 greatly elevated rates of turbulent dissipation (Fig. 3d). This suggests that the
116 primarily lateral flow and intense turbulent mixing experienced by GMW, which
117 determine the meltwater's ultimate settling at depth after leaving the ice shelf cavity,
118 are underpinned by the same ocean dynamics.

119

120 To elucidate these dynamics, the susceptibility of the circulation to overturning
121 instabilities in the region of the main GMW export pathway is assessed by examining
122 the distribution of potential vorticity (q) along transect S2 (Fig. 3e). The procedures
123 for this and subsequent calculations are described in the Methods. A variety of
124 overturning instabilities may develop in a geophysical fluid when q takes the opposite
125 sign to the planetary vorticity^{25,26}, which is negative in the Southern Hemisphere.
126 These instabilities induce an overturning circulation that extracts energy from the
127 background flow and expends it in the production of small-scale turbulence, mixing
128 the fluid toward a state of marginal stability. The bulk of the transect is characterised
129 by negative values of q on the order of $-1 \times 10^{-9} \text{ s}^{-3}$, indicative of stable conditions.
130 However, substantial patches of positive q approaching or exceeding $1 \times 10^{-9} \text{ s}^{-3}$ are
131 also present, notably along the upper and offshore edges of the main lens of GMW
132 and near the terminus of the thin GMW filament. The fulfilment of the instability
133 criterion in these areas suggests that the overturning circulation (Figs. 3b-c) and
134 intense turbulence (Fig. 3d) revealed by our measurements arise from instability of
135 the GMW flow exiting the PIIS cavity.

136

137 Overturning instabilities are respectively termed gravitational, symmetric or
138 centrifugal if the fluid's vertical stratification, horizontal stratification or relative
139 vorticity is responsible for meeting the instability criterion, in which case instabilities
140 extract energy from the available potential energy, vertical shear or lateral shear of the
141 background flow^{26,27}. The nature of the instability experienced by the GMW outflow
142 is evaluated in two ways. First, the relative importance of the three above factors
143 contributing to the instability criterion is quantified via a balanced Richardson angle
144 analysis²⁷ of the transect S2 data (see Methods). This indicates that the GMW outflow
145 is primarily subject to centrifugal instability (Fig. 3e, contours), triggered by the large
146 anticyclonic relative vorticity that characterises the outflow (see Methods).
147 Symmetric instability also affects the offshore edge of the main lens of GMW, where
148 significant horizontal stratification occurs as a result of the lens' vertical stretching
149 (Fig. 3a). Second, the energy sources of the three instability types are estimated from
150 the same data set (see Methods), and the extent to which they balance the observed
151 turbulent dissipation is assessed by comparison with the vertical integral of ϵ (Fig. 3f).
152 The measured overturning circulation is found to principally extract energy from the
153 lateral shear of the background flow, as expected from centrifugal instability, and to
154 do so at rates of $0.1 - 0.5 \text{ W m}^{-2}$ that are broadly consistent with those of turbulent
155 dissipation. Energy sources linked to gravitational and symmetric instabilities are
156 generally negligible. Note that a close spatio-temporal correspondence between the
157 energy source of centrifugal instability and turbulent dissipation is not expected, as
158 centrifugal instability takes several hours to grow and generate the secondary
159 instabilities that directly induce turbulent dissipation (see Methods).

160

161 In conclusion, our observations of the turbulent properties of the meltwater outflows
162 from beneath the fast-melting PIIS show that centrifugal instability is a key

163 contributor to the vigorous mixing that is responsible for the concentration of
164 meltwater at the thermocline commonly documented across and beyond Pine Island
165 Bay¹⁰⁻¹³. The mechanism is triggered by the injection of high-buoyancy, meltwater-
166 rich GMW at the PIIS calving front (Fig. 4). As GMW is more buoyant than the
167 water above, it initially rises toward the upper ocean while undergoing gravitational
168 instability, mixing and entraining ambient waters. This mixing and entrainment
169 induce a localised vertical stretching and tilting of a density class slightly shallower
170 than the ice shelf's base. The horizontal pressure gradient associated with the tilted
171 density surfaces drives a geostrophic flow along the calving front that develops large
172 anticyclonic relative vorticity in excess of the local planetary vorticity, and thus
173 becomes unstable to centrifugal instability. This instability promotes an overturning
174 circulation that transports GMW laterally away from the calving front and dilutes it
175 rapidly through intense turbulent mixing, thereby arresting the meltwater's initial
176 buoyant ascent.

177

178 This mechanism is reproduced by an idealised ocean circulation model configured
179 with parameters and forcings appropriate to the PIIS outflow (see Methods). The
180 model suggests that our observations provide a representative characterisation of the
181 mechanism's dynamics, despite the measurements' omission, for reasons of
182 navigational safety, of the initial gravitational instability adjacent to the base of the
183 calving front. The model further indicates that the mechanism is likely to be of
184 widespread relevance to buoyant meltwater outflows from beneath other Antarctic ice
185 shelves, many of which are characterised by more modest melting rates^{2,14}. Our
186 findings thus show that the widely observed focussing of meltwater at depth is a
187 dynamically robust feature of Antarctic ice sheet melting, and suggest that
188 representation of the effects of centrifugal instability is critical to the realism of

189 climate-scale ocean models with melting ice sheets. As explicit resolution of the
190 mechanism (with respective horizontal and vertical scales of ~ 100 m and ~ 10 m; see
191 Methods) is presently beyond the capability of even regional models of ice shelf –
192 ocean interaction^{24,28}, the development of a parameterisation of centrifugal instability
193 of meltwater outflows from beneath floating ice shelves is called for.

194

195 **Methods**

196 **PIIS calving front data set.** A set of targeted measurements of the hydrographic,
197 velocity and shear microstructure properties of the ocean adjacent to the Pine Island
198 Ice Shelf (PIIS) calving front was collected during expedition JR294/295 of the *RRS*
199 *James Clark Ross* between 12 and 15 February 2014, supported by the *Ocean2ice*
200 project of the U.K.'s Ice Sheet Stability programme (iSTAR, <http://www.istar.ac.uk>;
201 see Fig. 1). The measurements were organised in three transects: two (transects S1A
202 and S1B) directed parallel to and jointly spanning the PIIS calving front at a distance
203 of 0.5 – 1 km from the front; and the other (transect S2) directed normally to the
204 calving front along the main glacially-modified water (GMW) outflow from the
205 cavity at a distance of 0.5 – 4.5 km from the front. During each transect, a lightly-
206 tethered, free-falling Rockland Scientific International VMP-2000 microstructure
207 profiler was deployed continuously behind the slowly moving (at ~ 0.5 m s⁻¹) ship to
208 acquire vertical profiles of measurements between approximately 10 m beneath the
209 ocean surface and 100 m above the ocean floor. Temperature, salinity and pressure
210 were measured on both down- and upcasts, whereas shear microstructure was solely
211 recorded on downcasts, thereby yielding a reduced number of profiles and coarser
212 inter-profile separation for microstructure measurements (70 profiles ~ 0.6 km apart,
213 vs. 140 profiles ~ 0.3 km apart for hydrographic observations). Horizontal and vertical
214 velocity measurements over the uppermost 600 m of the water column were obtained

215 with a shipboard 75 kHz RD Instruments acoustic Doppler current profiler. The slow
216 motion of the ship through the water and exceptionally calm sea state permitted the
217 detection of significant vertical water velocities along transect S2 (Fig. 3c). Full
218 details of the data set acquisition may be found in the JR294/95 cruise report,
219 available online at
220 [https://www.bodc.ac.uk/data/information_and_inventories/cruise_inventory/report/jr2](https://www.bodc.ac.uk/data/information_and_inventories/cruise_inventory/report/jr294.pdf)
221 [94.pdf](https://www.bodc.ac.uk/data/information_and_inventories/cruise_inventory/report/jr294.pdf).

222

223 **Calculation of turbulent dissipation and mixing rates from microstructure**

224 **measurements.** The rate of dissipation of turbulent kinetic energy, ϵ , was computed
225 from microstructure measurements as $\epsilon = 7.5\nu\overline{(\partial u' / \partial z)^2}$, where ν is the molecular
226 viscosity and $\overline{(\partial u' / \partial z)^2}$ is the variance in the vertical shear of the horizontal velocity
227 over the resolved turbulent wavenumber range²⁹. Shear variance was calculated every
228 0.5 m, using shear spectra computed over a bin width of 1 s and integrated between 1
229 Hz and the spectral minimum in the 10 – 25 Hz band (or the 25 – 100 Hz band for $\epsilon >$
230 $10^{-7} \text{ W kg}^{-1}$). The sampling rate of the vertical microstructure profiler was 512 Hz.
231 The rate of turbulent diapycnal mixing, κ , was estimated from ϵ as $\kappa = \Gamma \epsilon / N^2$,
232 where Γ is a mixing efficiency (taken as 0.2 as pertinent to shear-driven turbulence)
233 and N is the buoyancy frequency³⁰.

234

235 **Tides near the PIIS calving front.** The set of hydrographic, velocity and
236 microstructure measurements discussed in this article was obtained in three sampling
237 periods (corresponding to the three transects in Fig. 1) of 8 – 35 hours between 12 and
238 15 February 2014. As these periods are comparable to or exceed the primary time
239 scales of oceanic tidal variability, our observations may potentially be contaminated
240 by aliased tidal flows. To dispel this concern, we hereby examine the amplitude of

241 tidal variability near the PIIS calving front.

242

243 Circum-Antarctic tidal models indicate that tidal forcing is modest in the Amundsen
244 Sea Embayment in general, and in the area adjacent to and beneath the PIIS in
245 particular^{31,32}, with characteristic tidal currents of $O(1 \text{ cm s}^{-1})$. As these are
246 substantially smaller than the $O(10 \text{ cm s}^{-1})$ horizontal flows that we measure in
247 association with meltwater outflows (Figs. 2b and 3b), the models suggest that tides
248 are of secondary importance in forcing exchanges between the PIIS cavity and the
249 open ocean offshore.

250

251 To corroborate this model prediction, we consider a 2-year-long (January 2012 –
252 January 2014) time series of horizontal velocity obtained with a mooring deployed in
253 the area of the main meltwater outflow from the PIIS (at a distance of ~ 8 km from the
254 calving front, see Fig. 1) under the auspices of the iSTAR programme. The mooring
255 was instrumented with a current meter and an upward-looking acoustic Doppler
256 current profiler (ADCP) with a range of ~ 160 m, deployed at respective depths of
257 671 m and 380 m. An analysis of the tides measured by both of these instruments was
258 conducted using the T_tide software package³³. The diagnosed tidal currents are
259 shown in Fig. S1, alongside the local mean flows. Monthly-mean sub-inertial flows
260 vary between 2 and 15 cm s^{-1} , and the average flow over the 2-year record is 7.5 cm s^{-1}
261 for the ADCP and 5.3 cm s^{-1} for the current meter. In contrast, tidal currents are
262 typically one order of magnitude smaller, and rarely exceed 1 cm s^{-1} . This disparity
263 between sub-inertial and tidal flows is confirmed by spectral and wavelet analyses of
264 the mooring data (not shown), which indicate that the bulk of the kinetic energy
265 resides in sub-inertial frequencies. Although tidal and near-inertial flows may be
266 amplified within a few hundred metres of the PIIS calving front³⁴, sub-inertial flows

267 intensify even more notably (to velocities in excess of 30 cm s^{-1} , ref. 23). Thus,
268 significant contamination of our measurements by tidal flows is highly unlikely.

269

270 **Calculation of meltwater concentration.** Meltwater concentration is estimated from
271 temperature and salinity for each measured hydrographic profile, using the method in
272 ref. (35). The method assumes that each measured water parcel derives its properties
273 from the mixing of three source water masses: Circumpolar Deep Water and Winter
274 Water (indicated in Fig. S2), and glacial meltwater. This assumption breaks down in
275 the upper part of the water column (specifically, above the core of the Winter Water
276 at a depth of $\sim 200 \text{ m}$), where atmospheric forcing influences the ocean's temperature
277 and salinity. The assumption's failure results in a bias of meltwater concentration
278 estimates in the upper ocean toward high values³⁵. In spite of this bias, enhanced
279 meltwater concentrations in excess of 8‰ are apparent in the 200 – 400 m depth
280 range (Figs. 2c-d) in areas where the flow is directed out of the PIIS cavity (Fig. 2b),
281 and concentration characteristically decreases toward the surface in the uppermost
282 100 m of the water column.

283

284 This vertical distribution is representative of other hydrography-based estimates of
285 meltwater concentration in the vicinity of the Amundsen Sea ice shelves¹⁰, which
286 occasionally indicate the presence of enhanced concentrations near the surface. In
287 contrast, noble gas-based estimates, which do not suffer from a near-surface high bias,
288 regularly show a clearer focussing of meltwater in the thermocline^{11,14}.

289

290 **Intensification of turbulent kinetic energy dissipation in meltwater outflows.** The
291 enhancement of the rate of dissipation of turbulent kinetic energy (ϵ) in meltwater
292 outflows from the PIIS cavity (Fig. 2) is succinctly illustrated by an examination of

293 the ϵ measurements along transects S1A – S1B, which span the entire PIIS calving
 294 front, in potential temperature – salinity space (Fig. S2). The mixing line between the
 295 warm, saline Circumpolar Deep Water and the cold, fresh Winter Water is
 296 consistently characterised by background levels of turbulent dissipation ($\epsilon \sim 10^{-10}$ W
 297 kg^{-1}). In contrast, waters that are warmer than this mixing line at each salinity, which
 298 contain meltwater-rich GMW, regularly exhibit significantly elevated values of ϵ . The
 299 most intense turbulent dissipation ($\epsilon \sim 10^{-7}$ W kg^{-1}) affects the waters with the highest
 300 meltwater content, i.e. those that deviate the most from the Circumpolar Deep Water
 301 – Winter Water mixing line.

302

303 **Calculation of potential vorticity.** The Ertel potential vorticity, q , is defined as
 304 $q = (f\hat{k} + \nabla \times \mathbf{u}) \cdot \nabla b$, where f is the Coriolis parameter, \hat{k} is the vertical unit vector,
 305 \mathbf{u} is the three-dimensional velocity vector, and $b = -g\rho/\rho_0$ is the buoyancy (g is the
 306 acceleration due to gravity, ρ is density, and ρ_0 is a reference density)²⁵. To calculate
 307 q along transect S2 (Fig. 3e), we adopted the approximation $q \approx (f + \partial v/\partial x)N^2 -$
 308 $f|\partial \mathbf{u}_h/\partial z|^2$, where $\mathbf{u}_h = (u, v)$ is the horizontal velocity vector referenced to the
 309 along-transect (u) and across-transect (v) directions, x and y respectively refer to the
 310 along-transect and across-transect distances, and N is the buoyancy frequency. This
 311 approximation is associated with two possible sources of error. First, the vertical
 312 component of relative vorticity, $\zeta = \partial v/\partial x - \partial u/\partial y$, is approximated by its first term,
 313 i.e. $\zeta \approx \partial v/\partial x$. This is likely to induce an underestimation of the magnitude of ζ of up
 314 to a factor of 2, particularly as the flow approaches solid body rotation for large
 315 values of ζ (ref. 36). In spite of this bias, ζ regularly exceeds f by a factor of 1-3 in
 316 areas of the transect where q is positive (Fig. S3). Our diagnostics of overturning
 317 instabilities may thus be viewed as quantitatively conservative, and qualitatively
 318 robust to this source of error. Second, the flow is assumed to be in geostrophic

319 balance to leading order. This assumption is supported by the close agreement
 320 between the transect-mean geostrophic shear and measured vertical shear in v along
 321 transect S2 (Fig. S4, right panel). Structure in the measured vertical shear on
 322 horizontal scales of $O(1 \text{ km})$ is largely consistent with geostrophic balance too, as
 323 evidenced by the close alignment of flow reversals in v with changes in the sign of
 324 isopycnal slopes (Fig. S4, left panel).

325

326 **Characterisation of overturning instabilities and their associated energy sources.**

327 Overturning instabilities develop in areas where $f q < 0$ (refs. 25, 26). This criterion
 328 may be equivalently expressed as $\phi_{Ri_B} < \phi_c$ (ref. 26), where the balanced Richardson
 329 number angle $\phi_{Ri_B} = \tan^{-1}(-N^{-2}|\partial\mathbf{u}_h/\partial z|^2)$ and the critical angle
 330 $\phi_c = \tan^{-1}(-1 - f^{-1}\nabla\times\mathbf{u}\cdot\hat{k}) \approx \tan^{-1}(-1 - f^{-1}(\partial v/\partial x))$. The same
 331 assumptions as in the calculation of q were adopted. When the instability criterion is
 332 met, the nature of the instability may be determined from the value of ϕ_{Ri_B} (ref. 27;
 333 Fig. 3e). Gravitational instability is associated with $-180^\circ < \phi_{Ri_B} < -135^\circ$ and N^2
 334 < 0 . Gravitational – symmetric instability corresponds to $-135^\circ < \phi_{Ri_B} < -90^\circ$ and
 335 $N^2 < 0$. Symmetric instability is indicated by $-90^\circ < \phi_{Ri_B} < -45^\circ$, with $N^2 > 0$ and
 336 $f^{-1}\nabla\times\mathbf{u}\cdot\hat{k} > 0$. Symmetric – centrifugal instability is implied by $-90^\circ < \phi_{Ri_B} <$
 337 -45° , with $N^2 > 0$ and $f^{-1}\nabla\times\mathbf{u}\cdot\hat{k} < 0$. Centrifugal instability is linked to $\phi_{Ri_B} >$
 338 -45° , with $N^2 > 0$ and $f^{-1}\nabla\times\mathbf{u}\cdot\hat{k} < 0$.

339

340 Overturning instabilities derive their kinetic energy from a combination of convective
 341 available potential energy (gravitational instability), vertical shear production
 342 (symmetric instability) and lateral shear production (centrifugal instability)²⁷. The rate
 343 of extraction of available potential energy along the S2 transect was estimated from

344 measurements of the vertical velocity (w) and buoyancy as $F_b = \overline{w'b'}$, where the
 345 overline denotes a spatial average over the area of the instability and primes the
 346 deviation from that average. Here, the spatial average was computed horizontally at
 347 each depth level along the entire transect, to capture the buoyancy flux induced by the
 348 significant up- and downwelling flows associated with the instability (Fig. 3c). The
 349 rates of vertical and lateral shear production were estimated from velocity
 350 measurements as $P_{vrt} = -\overline{\mathbf{u}_h'w'}$ \cdot $(\partial\overline{\mathbf{u}_h}/\partial z)$ and $P_{lat} = -\overline{\mathbf{u}_h'v_s'}$ \cdot $(\partial\overline{\mathbf{u}_h}/\partial s)$,
 351 respectively, where s is the horizontal coordinate perpendicular to the depth-
 352 integrated flow and v_s is the component of \mathbf{u}_h in that direction. Here, the spatial
 353 average was calculated vertically at each horizontal location over the maximum
 354 common depth of the transect, to determine the momentum fluxes associated with the
 355 three-layered overturning flow (Fig. 3b).

356

357 **Idealised model of the meltwater outflow from beneath an Antarctic ice shelf.** An
 358 idealised model of the meltwater outflow from beneath an Antarctic ice shelf is
 359 constructed to corroborate our interpretation of the measurements near the PIIS
 360 calving front, gain further insight into the dynamics of the outflow, and explore the
 361 relevance of our results to buoyant meltwater outflows from beneath other ice shelves.

362

363 Simulations are carried out using the MITgcm³⁷ in non-hydrostatic mode. The model
 364 set-up is a two-dimensional domain in the y - z plane analogous to a transect
 365 perpendicular to an ice shelf calving front (i.e. similar to transect S2 in Fig. 3). The
 366 set-up permits a circulation in the along-domain direction that can support an across-
 367 domain geostrophic flow. The domain is bounded by vertical walls at $y = 0$ km and y
 368 $= 5.76$ km, with the latter wall taken to be the location of the calving front. The
 369 domain is 300 m deep, broadly similar to the measured draft at the PIIS calving front.

370 Horizontal and vertical grid spacings are 4 m and 3 m, respectively.
371
372 Simulations are run on the U.K. ARCHER supercomputer, a Cray XC30 system. The
373 time-stepping interval is 1 s. The Coriolis parameter is set to $f = -1.4 \times 10^{-4} \text{ s}^{-1}$. A
374 linear equation of state is employed with a thermal expansion coefficient $\alpha = 2 \times 10^{-4}$
375 K^{-1} . Laplacian operators are used for vertical viscosity and tracer diffusion, with
376 viscous / diffusive coefficients of $4 \times 10^{-5} \text{ m}^2 \text{ s}^{-1}$. Biharmonic operators are used for
377 horizontal viscosity and tracer diffusion. The horizontal viscous Smagorinsky
378 coefficient is 3, and the constant horizontal diffusive coefficients are $1 \times 10^{-1} \text{ m}^4 \text{ s}^{-1}$.
379 A 7th-order monotonicity-preserving tracer advection scheme is used for temperature
380 and the passive tracer³⁸. The MITgcm's default centred 2nd-order scheme is used to
381 advect momentum. A non-dimensional bottom drag of 3×10^{-3} is applied to dissipate
382 kinetic energy.
383
384 The initial condition is of no flow anywhere in the domain. The initial temperature
385 profile has uniform stable stratification everywhere, with the exception of the buoyant
386 restoring region at the bottom-right of the domain, as described below. The magnitude
387 of the initial buoyancy frequency of $7.7 \times 10^{-3} \text{ s}^{-1}$ corresponds to the average value
388 observed near the PIIS calving front along transect S2. The continuous inflow of
389 buoyant water from beneath the ice shelf is represented by restoring the initial
390 temperature at the bottom right, as indicated in Fig. S5. In our primary, PIIS-based
391 experiment (labelled 'Main'), the temperature anomaly (defined with respect to
392 temperature away from the right-hand wall) increases linearly from 0 to 1 K at the
393 base of the wall over a distance of 160 m. This temperature anomaly is equivalent to a
394 buoyancy anomaly of $2 \times 10^{-3} \text{ m s}^{-2}$, and is chosen to approximately match the
395 difference between the buoyancy of GMW and that of Winter Water measured along

396 transects S1A – S1B. To allow a steady state to be reached, the initial temperature
397 profile on the left-hand side of the domain is also restored over a distance of 200 m
398 from the edge of the domain. The restoring time scale is 10 seconds for both restoring
399 regions. A passive tracer *A* with an initial concentration of 1 is released in the
400 restoring region at the base of the right-hand wall. This passive tracer is intended as a
401 proxy for meltwater in the observations. The initial concentration of the passive tracer
402 is also restored at the base of the right-hand wall. No buoyancy or frictional fluxes are
403 applied at the surface.

404

405 When the Main experiment begins, an overturning flow develops on the lower right-
406 hand side of the domain (Fig. S6a). This motion is initially due to the positive
407 buoyancy anomaly in the restoring region, which gives rise to lateral pressure
408 gradients not balanced by a geostrophic velocity. While the unbalanced lateral
409 pressure gradients initially occur only at the very bottom of the domain, the unstable
410 stratification induces a fast-growing gravitational instability with a growth time scale
411 of approximately 2 minutes. The gravitational instability leads to columns of buoyant
412 fluid of ~30 m width being accelerated vertically through the lower half of the domain
413 next to the right-hand wall. These columns of buoyant fluid result in unbalanced
414 lateral pressure gradients in the area of the buoyancy anomaly throughout the lower
415 half of the domain in the opening hours of the simulation (Fig. S6a). In response to
416 these unbalanced lateral pressure gradients, overturning occurs through the lower half
417 of the domain (Fig. S6a). The associated geostrophic adjustment causes the fluid that
418 was convected to 150 m depth to be accelerated to the left, i.e. away from the area of
419 the initial buoyancy perturbation. This along-domain flow is then deflected to the left
420 by the Coriolis force. As the along-domain velocity is zero at the right-hand wall and
421 negative in the interior of the domain, the along-domain flow is divergent and leads to

422 vortex stretching and anticyclonic relative vorticity (Fig. S6c).
423
424 Considering potential vorticity is most useful in interpreting the development of the
425 unstable flow in the Main experiment²⁵⁻²⁷. The area of the initial buoyancy anomaly
426 exhibits positive potential vorticity due to its unstable stratification at the outset of the
427 simulation. Two hours after the start of the simulation (Fig. S6e), this fluid still has
428 positive potential vorticity despite some vertical mixing with stably stratified waters
429 during the convective stage. The overturning motion then increases the stratification
430 of the fluid and maintains its positive potential vorticity by the generation of the
431 aforementioned anticyclonic relative vorticity (Fig. S6c). After approximately 1 day
432 (or 2 inertial periods), isopycnals dome around the level of neutral buoyancy (Fig.
433 S6b), and a cross-domain geostrophic jet forms around the nose of the adjusted region
434 near (3.6 km, 160 m). This jet has large anticyclonic lateral shear. Although remnants
435 of unstable stratification contribute in a small fraction of the area, the prominent
436 anticyclonic relative vorticity associated with the jet (Fig. S6d) is principally
437 responsible for the positive potential vorticity in the adjustment region of domed
438 isopycnals (Fig. S6f). This leads to the development of centrifugal instability, which
439 is apparent in the cross-domain velocity as bands of alternating flow, for example in
440 the 100 – 240 m depth range between $x = 4$ km and $x = 5.3$ km (Fig. S6f). The weak
441 vertical stratification and pronounced vertical shear in this area induce Kelvin-
442 Helmholtz instabilities that mix the potential vorticity anomalies back toward
443 stability. Overall, restoring of the buoyancy anomaly at the base of the right-hand wall
444 provides a persistent input of destabilizing positive potential vorticity into the
445 adjustment region that is balanced by the input of stabilizing negative potential
446 vorticity across the potential vorticity gradient around the adjustment region.
447 Equivalently, restoring of the buoyancy anomaly at the right-hand boundary provides

448 a continual input of available potential energy that is balanced by the loss of kinetic
449 energy in the jet to centrifugal instability.

450

451 Despite its highly idealised nature, the Main experiment reproduces all the key
452 features of the meltwater outflow from beneath the PIIS apparent in our observations
453 at a distance greater than 500 m from the calving front: a layered horizontal flow
454 structure associated with large anticyclonic relative vorticity ($\zeta / f < -1$) and positive
455 potential vorticity, conducive to centrifugal instability and a predominantly lateral
456 export of the meltwater (tracer) at depth. The simulation further suggests that our
457 measurements fail to sample the gravitational instability experienced by the outflow
458 as it leaves the cavity. This convection underpins the localised vertical stretching that
459 initiates the centrifugal instability.

460

461 Further experiments (labelled ‘Perturbation’) where the temperature anomaly is
462 decreased to 0.5 K (i.e. half of that in the Main simulation, and equivalent to a
463 buoyancy anomaly of $\sim 1 \times 10^{-3} \text{ m s}^{-2}$) or increased to 1.5 K (i.e. 1.5 times larger than
464 that in the Main simulation, and equivalent to a buoyancy anomaly of $\sim 3 \times 10^{-3} \text{ m s}^{-2}$)
465 are also performed to illustrate the robustness of the mechanism diagnosed in the
466 simulation above to a range of forcings. Glaciological and oceanographic
467 observations around Antarctica suggest that, while the rates of melting of Antarctic
468 ice shelves vary by up to one order of magnitude³⁹ (with the PIIS lying near the upper
469 end of the range), the buoyancy contrast between the waters entering and outflowing
470 ice shelf cavities varies comparatively less across very different melting conditions,
471 being typically of $O(10^{-3} \text{ m s}^{-2})$ (e.g., compare the stratification observed near the PIIS
472 calving front with that measured near the Filchner – Ronne ice shelf¹³, which is
473 characterised by a melting rate one order of magnitude smaller). We thus vary the

474 initial temperature of the idealised meltwater outflow in the model to yield sizeable
475 buoyancy anomaly perturbations within the general range suggested by observations.
476 A more exhaustive investigation considering the influence of offshore stratification
477 and other factors (e.g., three-dimensional processes) on the behaviour and dynamics
478 of meltwater outflows will be conducted as a follow up to this study.

479

480 The Perturbation experiments produce very similar results to the Main experiment in
481 that isopycnals are domed and a centrifugally unstable jet is formed next to the
482 buoyancy source (Fig. S7). The depth of the nose of the adjusted region becomes
483 shallower as the buoyancy anomaly is increased, in a manner consistent with the
484 shoaling of the depth of neutral buoyancy. The horizontal extent of the adjusted
485 region becomes larger as the buoyancy anomaly is enhanced, as expected from the
486 increase of the Rossby deformation radius that results from the larger vertical extent
487 and greater buoyancy contrast of the adjusted region. The time scale of adjustment
488 also becomes shorter as the buoyancy anomaly increases (not shown). This is in line
489 with the theoretical prediction of the growth time scale of centrifugal instability²⁶,
490 given by $(f(f + \zeta))^{-1/2}$, which decreases from ~ 2 h in the 0.5 K simulation to ~ 1 h in
491 the 1.5 K simulation as the anticyclonic relative vorticity of the adjusted region
492 increases from $\sim 2|f|$ to $\sim 5|f|$.

493

494 A final set of two experiments (labelled 'Rotation') is conducted to clarify the relative
495 roles of gravitational and centrifugal instabilities (which, as noted in the preceding
496 discussion, occur concurrently in the Main and Perturbation experiments) in
497 determining the vertical distribution of the buoyant water. In these simulations, the
498 magnitude of the Coriolis parameter is gradually reduced from its value in the Main
499 experiment ($f = -1.4 \times 10^{-4} \text{ s}^{-1}$) to a value one order of magnitude smaller ($f = -1 \times 10^{-5}$

500 s^{-1}) and ultimately to zero. Since the occurrence of symmetric and centrifugal
501 instabilities is suppressed in the limit of vanishing rotation, reducing f is an effective
502 way to differentiate the respective impacts of gravitational and centrifugal instabilities
503 on the buoyant water's fate. The key non-dimensional parameter that measures the
504 relative importance of buoyancy and rotation in each simulation is N/f (ref. 40), which
505 takes a value of 18 in the Main experiment, 254 in the weak rotation experiment, and
506 infinity in the non-rotating experiment. All other numerical parameters and boundary
507 conditions in the Rotation experiments are identical to those in the Main experiment.

508

509 The vertical distribution of the passive tracer tracking the buoyant water is
510 significantly influenced by rotation, and hence the occurrence or absence of
511 centrifugal instability (Fig. S8a). One day after injection, the tracer distribution is
512 more tightly concentrated around a narrow depth range and centred at a shallower
513 depth in the Rotation experiments with a small or zero Coriolis parameter than in the
514 Main experiment. Examination of the tracer distribution as a function of temperature
515 (Fig. S8b) shows more modest differences between the three simulations, indicating
516 that most of the deepening and broadening of the vertical tracer profile with
517 increasing rotation seen in Fig. S8a is related to changes in the depths of isopycnal
518 surfaces. However, the presence of an appreciable deepening (i.e. translation toward
519 colder temperatures) and broadening of the tracer peak with increasing rotation in Fig.
520 S8b suggests that intensified turbulent diapycnal mixing also plays a significant role
521 in determining the vertical dispersal of the tracer. Thus, the occurrence of centrifugal
522 instability as rotation increases from zero toward realistic values significantly deepens
523 and broadens the vertical distribution of the buoyant water, both by adjusting the
524 vertical horizons of isopycnal surfaces and by elevating turbulent diapycnal mixing.
525 These effects of rotation in our two-dimensional experiments are consistent with

526 findings in three-dimensional simulations of buoyant plumes from deep-ocean vents
527 for similar values of N/f (ref. 40).

528

529 *Overview of model experiments*

530 The suite of idealised experiments presented above suggests that the mechanism of
531 centrifugal instability and predominantly lateral export of the meltwater outflow from
532 beneath the PIIS documented by our measurements is relevant to a broad spectrum of
533 Antarctic ice shelves, including those characterised by substantially more modest
534 melting rates. Circumstantial evidence of the persistence of the process at the PIIS
535 and its occurrence at other Antarctic ice shelves is available from the few previous
536 high-resolution surveys conducted at the calving fronts of the PIIS²³ and other ice
537 shelves⁴¹⁻⁴³, which indicate the presence of sharp outflowing jets characterised by a
538 velocity structure, lateral shear and relative vorticity resembling those in our
539 observations. The mechanism documented in this study is distinct from the convective
540 adjustment highlighted by previous modelling investigations of meltwater outflows
541 from beneath Antarctic ice shelves and from Greenland tidewater glaciers (which,
542 unlike our simulations, do not consider the effects of the Earth's rotation⁴⁴⁻⁴⁶), and
543 yields a significantly enhanced lateral export and reduced upward penetration of the
544 meltwater. Our results echo the dynamics of dry mesoscale convective systems in the
545 atmosphere⁴⁷, in which the combination of convection-induced vertical stretching and
546 geostrophic adjustment leads to the formation of jets that are susceptible to centrifugal
547 instability.

548

549 **Code availability.** The model code and scripts used in generating the simulations
550 analysed in this article are available from
551 https://github.com/braaannigan/Vigorous_lateral_export.

552

553 **Data availability.** The observational data analysed in this study are available from the

554 British Oceanographic Data Centre at

555 https://www.bodc.ac.uk/data/information_and_inventories/cruise_inventory/report/13

556 [405/](#). Model simulation data are available from L.B. on reasonable request.

557

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677

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683

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686 model experiments. K.J.H. led the JR294/295 research cruise. All authors contributed
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691

692 **Figure legends**

693 **Figure 1 | Map of the study region.** Positions of hydrographic / microstructure
694 profiles are shown by circles, coloured by the mean meltwater content (ml l^{-1}) in the
695 100 – 700 m depth range estimated as in ref. (10). Horizontal velocity (gridded in 3
696 $\text{km} \times 3 \text{ km}$ bins) in the upper ocean (0 – 300 m) measured with a ship-mounted
697 acoustic Doppler current profiler is indicated by white vectors, with black vectors
698 showing measurements in January 2009 (ref. 23). Seabed elevation (m) is denoted by

699 blue shading, ice photography (TERRA image from 27 January 27 2014) by grey
700 shading, and ice shelf / ice sheet boundaries by white lines. Transects S1A, S1B and
701 S2 are labelled. The red rectangle marks the position of a mooring used in assessing
702 the significance of tidal flows (see Methods).

703

704 **Figure 2 | Transect along the PIIS calving front.** (a) Potential temperature (θ ,
705 colour) and neutral density (in kg m^{-3} , black contours), with positions of stations
706 indicated by grey tick marks at the base of the figure. (b) Across-transect velocity (v),
707 with positive values directed northwestward (out of the PIIS cavity). (c) Rate of
708 turbulent kinetic energy dissipation (ϵ , a metric of the intensity of small-scale
709 turbulence, in colour), with contours of meltwater concentration (see Methods)
710 superimposed. (d) Rate of diapycnal mixing (κ , colour), with contours as in (c). Both
711 ϵ and κ are calculated from microstructure measurements (see Methods). Distance is
712 measured from the origin of the S1A transect, at the southwestern corner of the PIIS
713 calving front. The break point near 30 km indicates the transition from the S1A
714 transect to the S1B transect. The characteristic vertical extent of the PIIS is shown by
715 the grey rectangle at the right-hand axis of each panel.

716

717 **Figure 3 | Transect along the main outflow from the PIIS calving front.** (a)
718 Potential temperature (θ , colour), neutral density (in kg m^{-3} , black contours) and
719 mixed layer depth (determined from the maximum in buoyancy frequency, dashed
720 white contour), with positions of stations indicated by grey tick marks on the upper
721 axis. (b) Along-transect velocity (u , colour), with positive values directed
722 southeastward (into the PIIS cavity). (c) Vertical velocity (w , colour), with positive
723 values directed upward. Potential temperature contours are shown at intervals of
724 0.2°C in (b)-(c). (d) Rate of turbulent kinetic energy dissipation (ϵ , colour), with

725 contours of meltwater concentration (see Methods) superimposed. (e) Potential
726 vorticity (q , colour). Areas of positive q (indicative of overturning instabilities) are
727 outlined. The outline shading denotes the instability type (GRV = gravitational; SYM
728 = symmetric; CTF = centrifugal; see Methods). The characteristic vertical extent of
729 the PIIS is shown by the grey rectangle at the right-hand axis of (a)-(e). (f)
730 Comparison between the vertically integrated (between depths of 50 m, below the
731 base of the upper-ocean mixed layer, and 610 m, the maximum common depth of the
732 transect) rates of turbulent kinetic energy dissipation (ϵ , yellow bars) and of turbulent
733 kinetic energy production associated with gravitational instability (F_b , white line),
734 symmetric instability (P_{vrt} , grey line) and centrifugal instability (P_{lat} , black line). See
735 Methods.

736

737 **Figure 4 | Schematic of the meltwater outflow from beneath the PIIS.** The
738 direction of cross-calving-front flow is indicated by the thick arrows, and the direction
739 of the along-calving-front flow is shown by the circle. The sense of rotation of the
740 flow as it experiences centrifugal instability is indicated in the upper axis (ζ = relative
741 vorticity; f = planetary vorticity). Surfaces of constant density are denoted by solid
742 white contours, and the upper-ocean mixed layer base is marked by the dashed white
743 line. The three distinct water masses are labelled.

744

745 **Figure S1 | Tidal flows near the PIIS calving front.** Major axis of tidal ellipse for
746 each individual tidal constituent from a mooring deployed in the area of the main
747 meltwater outflow from the PIIS (Fig. 1), at nominal depths of 310 m (measured with
748 an ADCP, black symbols) and 671 m (measured with a current meter, red symbols).
749 Tidal ellipses are computed using harmonic analysis³³. The amplitude of each
750 ellipse's major axis is shown by dots, and error estimates are displayed as bars. The 2-

751 year-record-mean flow speed for each of the two instruments is indicated in the inset.

752

753 **Figure S2 | Turbulent dissipation along the PIIS calving front.** Rate of dissipation
754 of turbulent kinetic energy (ϵ , in colour) along transects S1A – S1B, displayed as a
755 function of potential temperature (θ) and salinity (S). The loci of the three distinct
756 water masses in the region are indicated by the labels in italics (CDW = Circumpolar
757 Deep Water; GMW = glacially-modified water; WW = Winter Water).

758

759 **Figure S3 | Cross-transect velocity and relative vorticity along the main outflow**
760 **from the PIIS calving front.** (a) Cross-transect velocity (v , colour) along transect S2,
761 with positive values directed northeastward. Potential temperature contours are shown
762 at intervals of 0.2°C (see Fig. 3a). (b) Ratio of relative vorticity (ζ) to planetary
763 vorticity (f) along the same transect (colour), where $\zeta \approx \partial v / \partial x$. Areas of positive
764 potential vorticity (indicative of overturning instabilities) are outlined as in Fig. 3e.
765 The outline shading denotes the instability type (GRV = gravitational; SYM =
766 symmetric; CTF = centrifugal; see Methods). The characteristic vertical extent of the
767 PIIS is shown by the grey rectangle at the right-hand axis of each panel.

768

769 **Figure S4 | Assessment of geostrophic balance along the main outflow from the**
770 **PIIS calving front.** (a) Cross-transect velocity (v , colour) along transect S2, with
771 positive values directed norththeastward. Neutral density (in kg m^{-3}) is indicated by
772 black contours. (b) Profiles of transect-mean cross-transect velocity (v) and
773 geostrophic velocity ($gvel$), relative to the depth-averaged velocity.

774

775 **Figure S5 | Initial condition in the Main simulation of an idealised meltwater**
776 **outflow from beneath an Antarctic ice shelf.** The initial temperature distribution is

777 shown by the colour shading, and the locations of the unstable restoring region
778 (representing the meltwater outflow) and of the stable restoring region (representing
779 ambient offshore conditions) are indicated.

780

781 **Figure S6 | Evolution of the idealised meltwater outflow in the Main experiment.**

782 Distributions of the (a) along-domain velocity, (c) relative vorticity normalised by the
783 planetary vorticity, (e) potential vorticity and (g) passive tracer concentration, 2 hours
784 after the start of the simulation. Panels (b), (d), (f) and (h) show the same variables as
785 (a), (c), (e) and (g), respectively, 120 hours after the start of the simulation.
786 Temperature contours are shown at intervals of 0.2°C in all panels. Units are
787 indicated next to the colour bars.

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789 **Figure S7 | Evolution of the idealised meltwater outflow in the Perturbation**

790 **experiments with reduced and enhanced forcings.** Distributions of the (a) along-
791 domain velocity, (c) relative vorticity normalised by the planetary vorticity, (e)
792 potential vorticity and (g) passive tracer concentration, 120 hours after the start of the
793 reduced forcing (0.5 K) simulation. Panels (b), (d), (f) and (h) show the same
794 variables as (a), (c), (e) and (g), respectively, 120 hours after the start of the enhanced
795 forcing (1.5 K) simulation. Temperature contours are shown at intervals of 0.2°C in
796 all panels. Units are indicated next to the colour bars.

797

798 **Figure S8 | Vertical distribution of passive tracer on day 1 for varying planetary**

799 **rotation.** (a) Horizontally integrated tracer concentration (normalised to a common
800 value) as a function of depth for the Main experiment with realistic rotation ($f = 1.4 \times$
801 10^{-4} s^{-1}), and for the two Rotation experiments with weak ($f = 1 \times 10^{-5} \text{ s}^{-1}$) and no ($f =$
802 0) rotation. (b) Domain-mean tracer concentration (normalised to a common value) in

803 temperature bins of 0.05 K width. The (a) depth or (b) temperature of neutral
804 buoyancy for the simulated outflow is shown as a horizontal black line.

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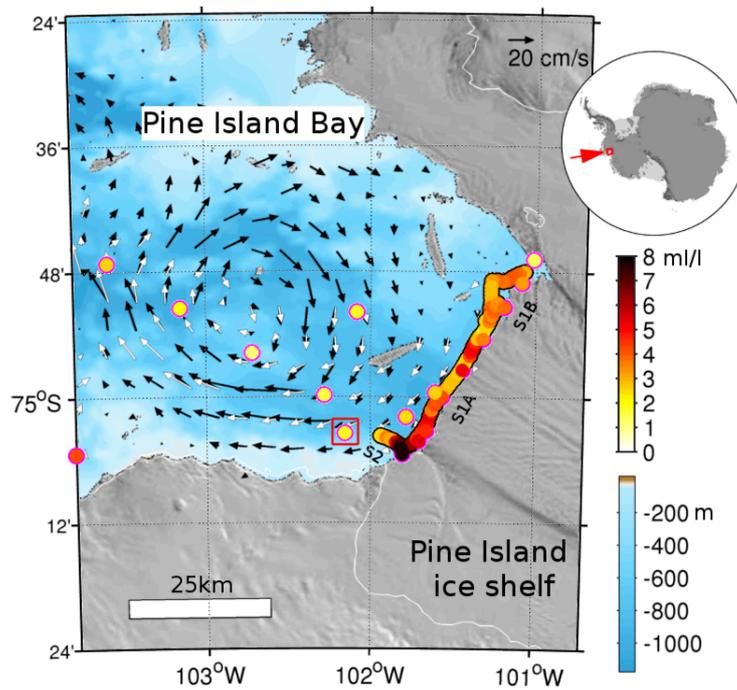
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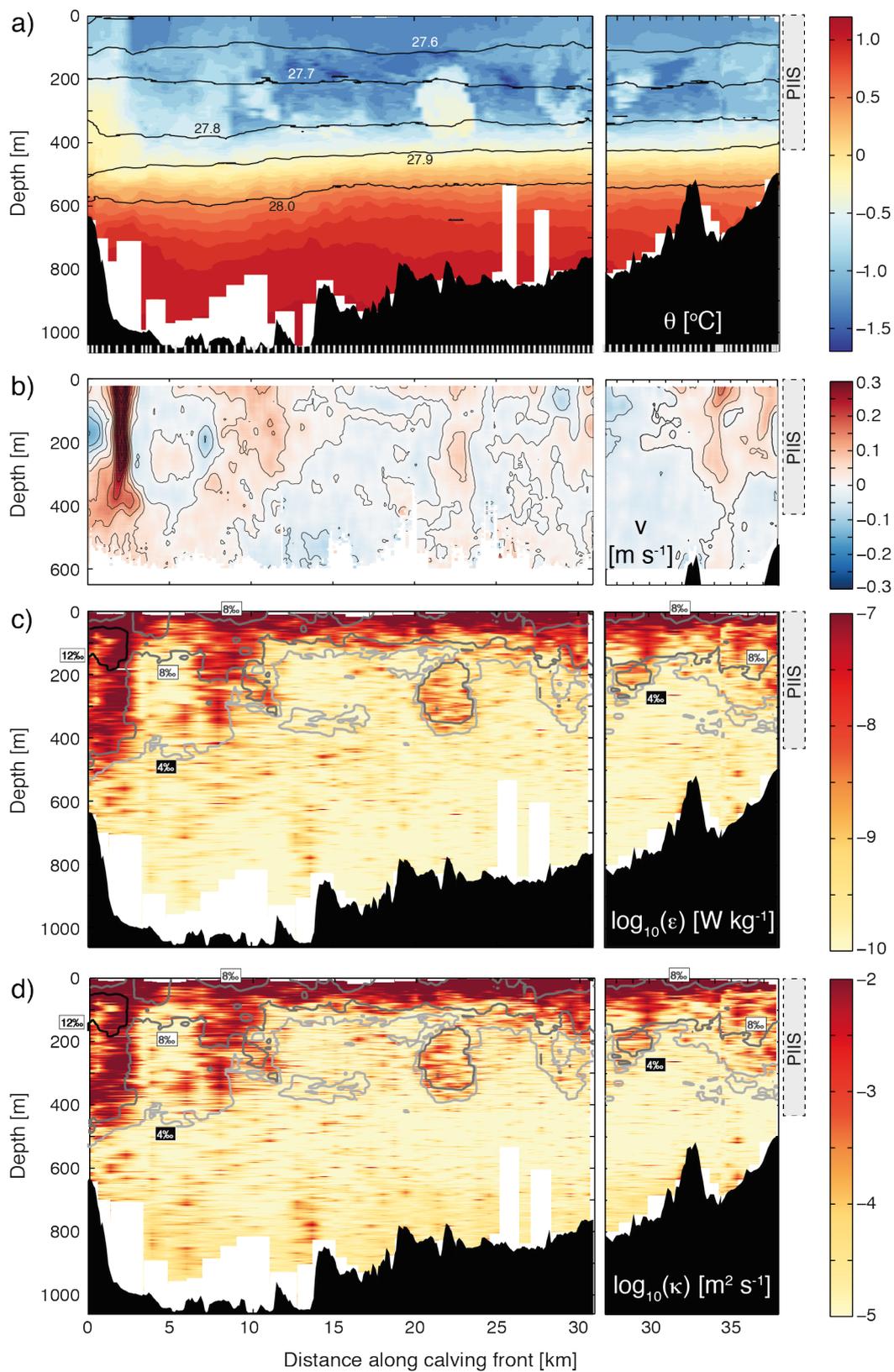
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822 **Figure 1 | Map of the study region.** Positions of hydrographic / microstructure
 823 profiles are shown by circles, coloured by the mean meltwater content (ml l^{-1}) in the
 824 100 – 700 m depth range estimated as in ref. (10). Horizontal velocity (gridded in 3
 825 $\text{km} \times 3 \text{ km}$ bins) in the upper ocean (0 – 300 m) measured with a ship-mounted
 826 acoustic Doppler current profiler is indicated by white vectors, with black vectors
 827 showing measurements in January 2009 (ref. 23). Seabed elevation (m) is denoted by
 828 blue shading, ice photography (TERRA image from 27 January 27 2014) by grey
 829 shading, and ice shelf / ice sheet boundaries by white lines. Transects S1A, S1B and
 830 S2 are labelled. The red rectangle marks the position of a mooring used in assessing
 831 the significance of tidal flows (see Methods).

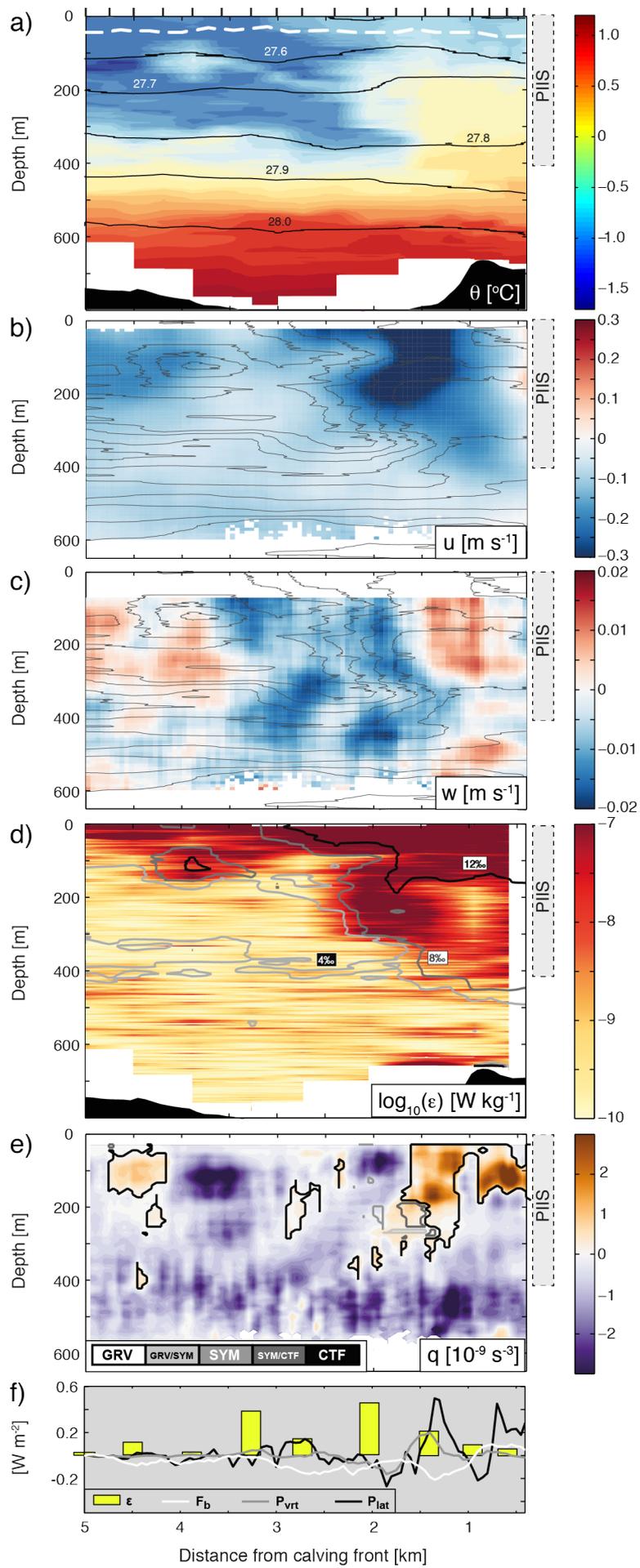
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834 **Figure 2 | Transect along the PIIS calving front.** (a) Potential temperature (θ ,
 835 colour) and neutral density (in kg m^{-3} , black contours), with positions of stations
 836 indicated by grey tick marks at the base of the figure. (b) Across-transect velocity (v),
 837 with positive values directed northwestward (out of the PIIS cavity). (c) Rate of

838 turbulent kinetic energy dissipation (ϵ , a metric of the intensity of small-scale
839 turbulence, in colour), with contours of meltwater concentration (see Methods)
840 superimposed. (d) Rate of diapycnal mixing (κ , colour), with contours as in (c). Both
841 ϵ and κ are calculated from microstructure measurements (see Methods). Distance is
842 measured from the origin of the S1A transect, at the southwestern corner of the PIIS
843 calving front. The break point near 30 km indicates the transition from the S1A
844 transect to the S1B transect. The characteristic vertical extent of the PIIS is shown by
845 the grey rectangle at the right-hand axis of each panel.



847 **Figure 3 | Transect along the main outflow from the PIIS calving front.** (a)
848 Potential temperature (θ , colour), neutral density (in kg m^{-3} , black contours) and
849 mixed layer depth (determined from the maximum in buoyancy frequency, dashed
850 white contour), with positions of stations indicated by grey tick marks on the upper
851 axis. (b) Along-transect velocity (u , colour), with positive values directed
852 southeastward (into the PIIS cavity). (c) Vertical velocity (w , colour), with positive
853 values directed upward. Potential temperature contours are shown at intervals of
854 0.2°C in (b)-(c). (d) Rate of turbulent kinetic energy dissipation (ϵ , colour), with
855 contours of meltwater concentration (see Methods) superimposed. (e) Potential
856 vorticity (q , colour). Areas of positive q (indicative of overturning instabilities) are
857 outlined. The outline shading denotes the instability type (GRV = gravitational; SYM
858 = symmetric; CTF = centrifugal; see Methods). The characteristic vertical extent of
859 the PIIS is shown by the grey rectangle at the right-hand axis of (a)-(e). (f)
860 Comparison between the vertically integrated (between depths of 50 m, below the
861 base of the upper-ocean mixed layer, and 610 m, the maximum common depth of the
862 transect) rates of turbulent kinetic energy dissipation (ϵ , yellow bars) and of turbulent
863 kinetic energy production associated with gravitational instability (F_b , white line),
864 symmetric instability (P_{vrt} , grey line) and centrifugal instability (P_{lat} , black line). See
865 Methods.

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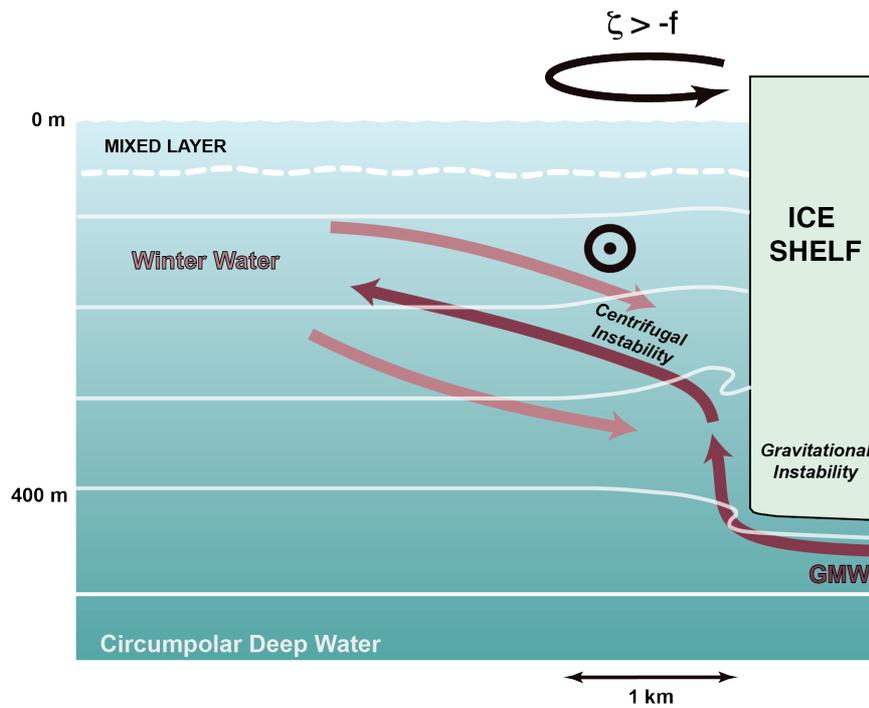
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874 **Figure 4 | Schematic of the meltwater outflow from beneath the PIIS.** The
 875 direction of cross-calving-front flow is indicated by the thick arrows, and the direction
 876 of the along-calving-front flow is shown by the circle. The sense of rotation of the
 877 flow as it experiences centrifugal instability is indicated in the upper axis (ζ = relative
 878 vorticity; f = planetary vorticity). Surfaces of constant density are denoted by solid
 879 white contours, and the upper-ocean mixed layer base is marked by the dashed white
 880 line. The three distinct water masses are labelled.

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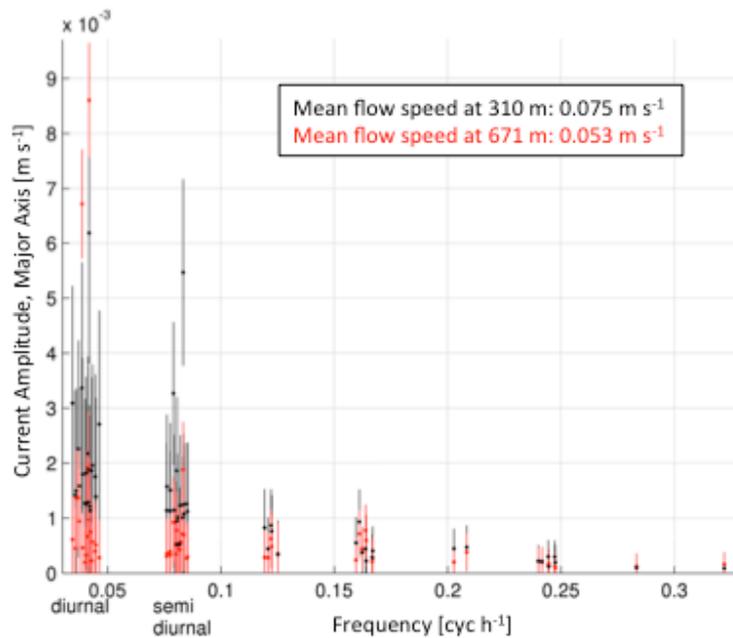
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891 **Figure S1 | Tidal flows near the PIIS calving front.** Major axis of tidal ellipse for
 892 each individual tidal constituent from a mooring deployed in the area of the main
 893 meltwater outflow from the PIIS (Fig. 1), at nominal depths of 310 m (measured with
 894 an ADCP, black symbols) and 671 m (measured with a current meter, red symbols).
 895 Tidal ellipses are computed using harmonic analysis³³. The amplitude of each
 896 ellipse's major axis is shown by dots, and error estimates are displayed as bars. The 2-
 897 year-record-mean flow speed for each of the two instruments is indicated in the inset.

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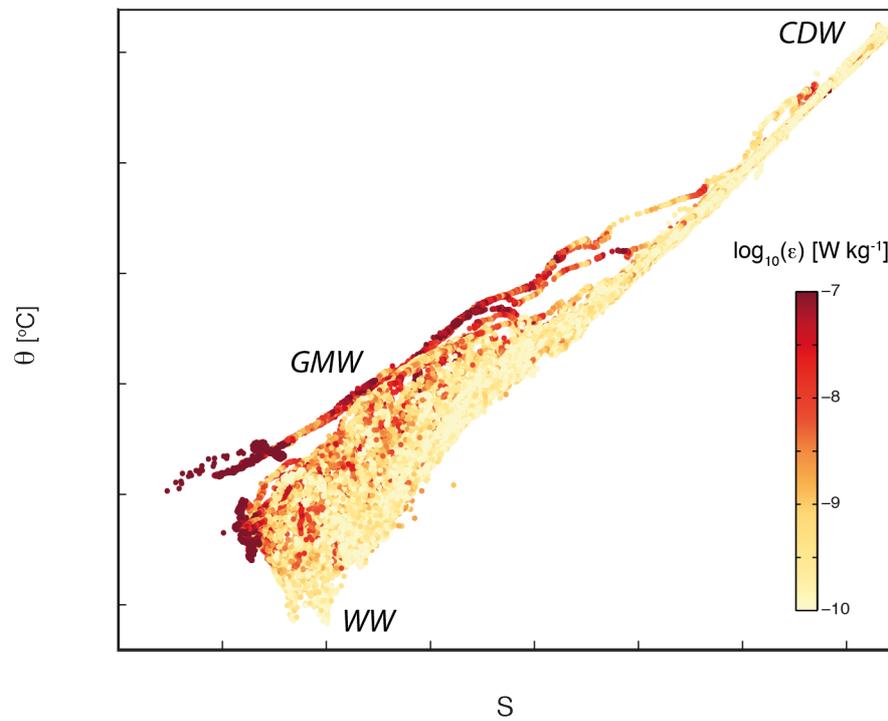
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909 **Figure S2 | Turbulent dissipation along the PIIS calving front.** Rate of dissipation
 910 of turbulent kinetic energy (ϵ , in colour) along transects S1A – S1B, displayed as a
 911 function of potential temperature (θ) and salinity (S). The loci of the three distinct
 912 water masses in the region are indicated by the labels in italics (CDW = Circumpolar
 913 Deep Water; GMW = glacially-modified water; WW = Winter Water).

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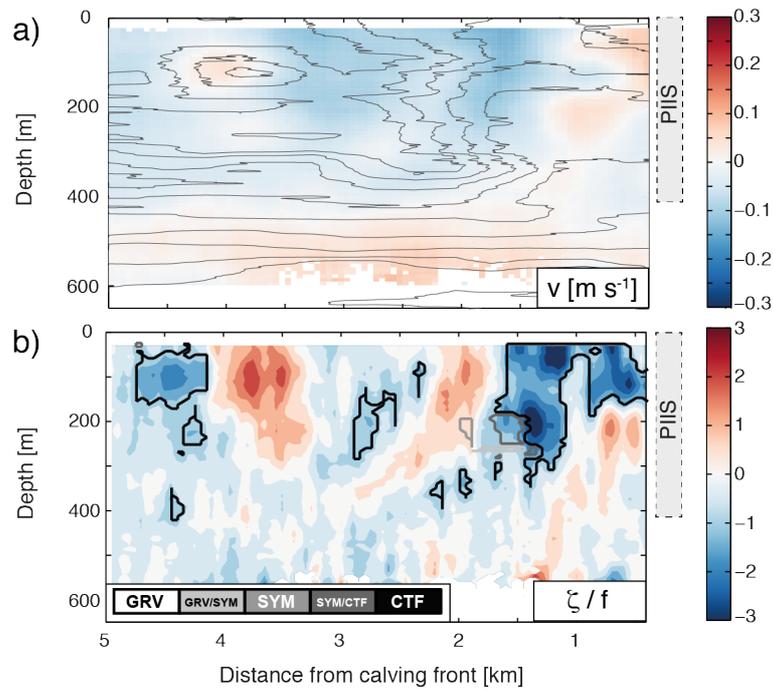
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926 **Figure S3 | Cross-transect velocity and relative vorticity along the main outflow**

927 **from the PIIS calving front. (a) Cross-transect velocity (v , colour) along transect S2,**

928 **with positive values directed northeastward. Potential temperature contours are shown**

929 **at intervals of 0.2°C (see Fig. 3a). (b) Ratio of relative vorticity (ζ) to planetary**

930 **vorticity (f) along the same transect (colour), where $\zeta \approx \partial v / \partial x$. Areas of positive**

931 **potential vorticity (indicative of overturning instabilities) are outlined as in Fig. 3e.**

932 **The outline shading denotes the instability type (GRV = gravitational; SYM =**

933 **symmetric; CTF = centrifugal; see Methods). The characteristic vertical extent of the**

934 **PIIS is shown by the grey rectangle at the right-hand axis of each panel.**

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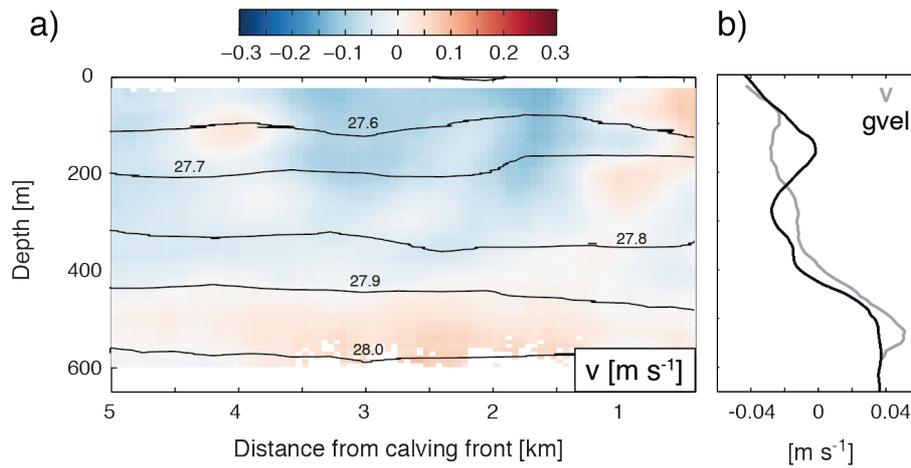
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943 **Figure S4 | Assessment of geostrophic balance along the main outflow from the**
 944 **PIIS calving front.** (a) Cross-transect velocity (v , colour) along transect S2, with
 945 positive values directed northeastward. Neutral density (in kg m^{-3}) is indicated by
 946 black contours. (b) Profiles of transect-mean cross-transect velocity (v) and
 947 geostrophic velocity ($gvel$), relative to the depth-averaged velocity.

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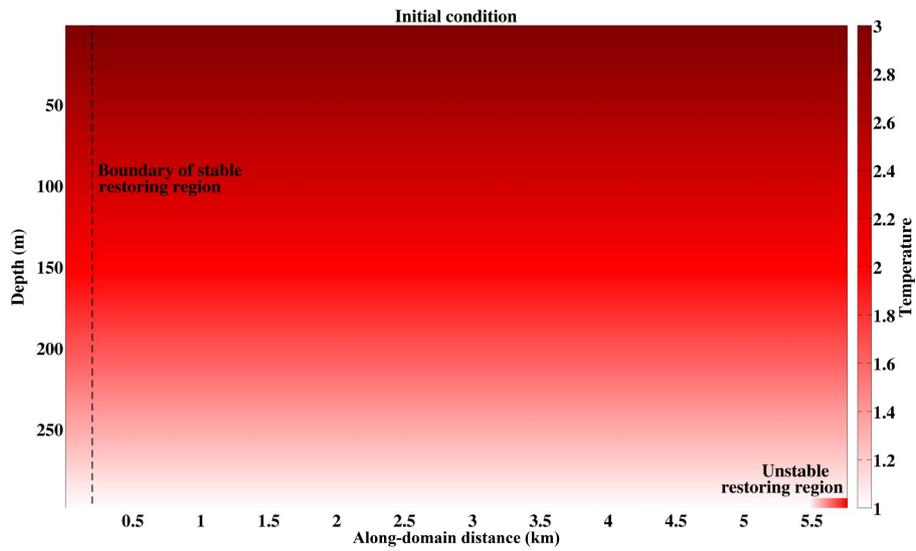
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964 **Figure S5 | Initial condition in the Main simulation of an idealised meltwater**
 965 **outflow from beneath an Antarctic ice shelf.** The initial temperature distribution is
 966 shown by the colour shading, and the locations of the unstable restoring region
 967 (representing the meltwater outflow) and of the stable restoring region (representing
 968 ambient offshore conditions) are indicated.

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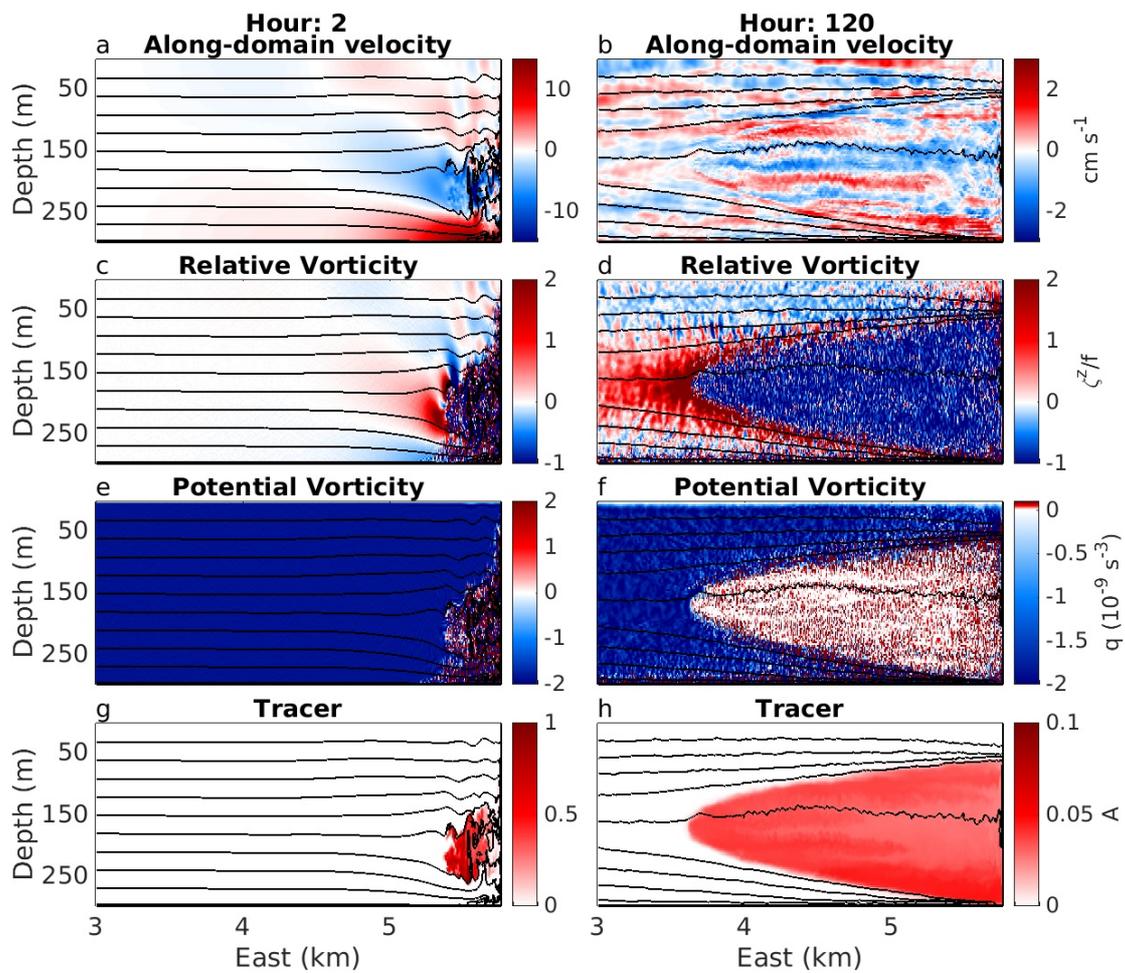
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984 **Figure S6 | Evolution of the idealised meltwater outflow in the Main experiment.**

985 Distributions of the (a) along-domain velocity, (c) relative vorticity normalised by the

986 planetary vorticity, (e) potential vorticity and (g) passive tracer concentration, 2 hours

987 after the start of the simulation. Panels (b), (d), (f) and (h) show the same variables as

988 (a), (c), (e) and (g), respectively, 120 hours after the start of the simulation.

989 Temperature contours are shown at intervals of 0.2°C in all panels. Units are

990 indicated next to the colour bars.

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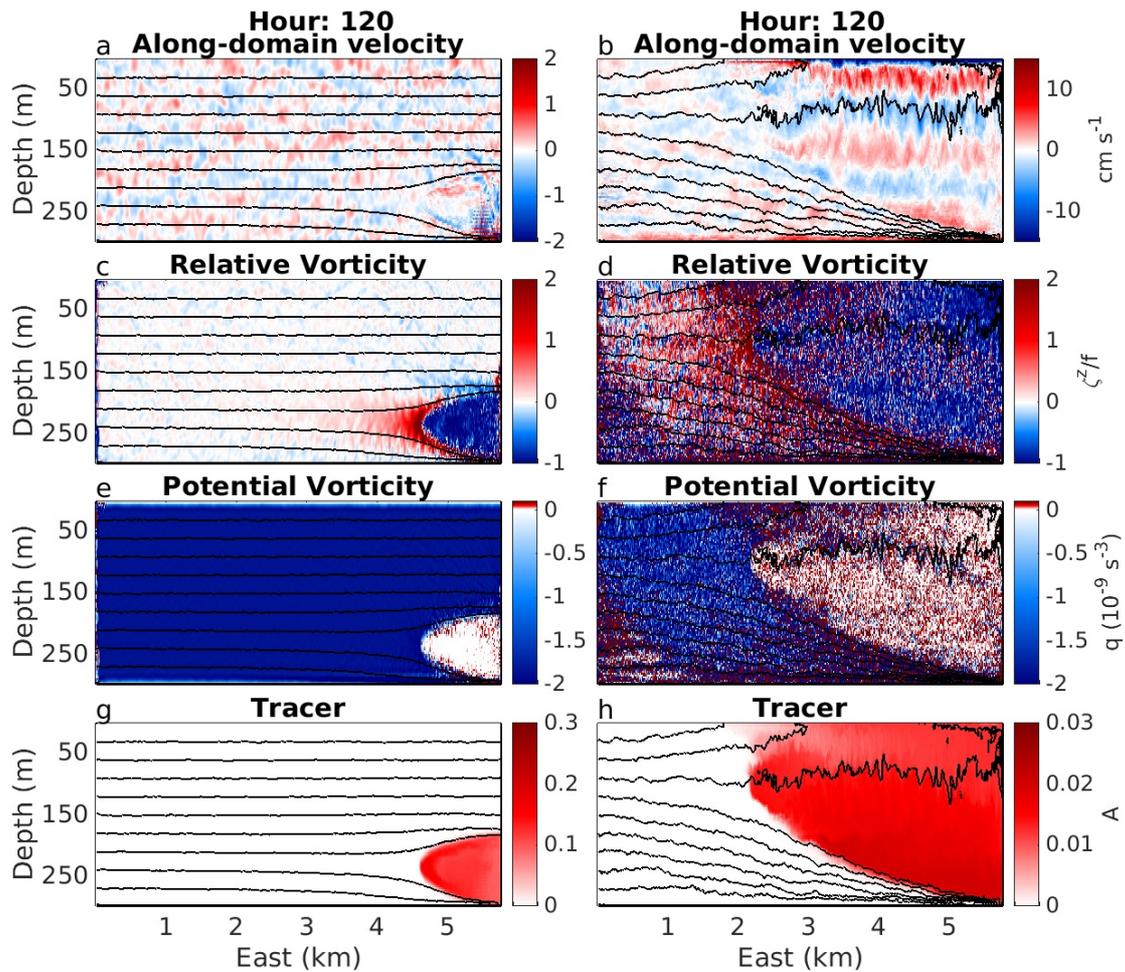
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998 **Figure S7 | Evolution of the idealised meltwater outflow in the Perturbation**

999 **experiments with reduced and enhanced forcings.** Distributions of the (a) along-

1000 domain velocity, (c) relative vorticity normalised by the planetary vorticity, (e)

1001 potential vorticity and (g) passive tracer concentration, 120 hours after the start of the

1002 reduced forcing (0.5 K) simulation. Panels (b), (d), (f) and (h) show the same

1003 variables as (a), (c), (e) and (g), respectively, 120 hours after the start of the enhanced

1004 forcing (1.5 K) simulation. Temperature contours are shown at intervals of 0.2°C in

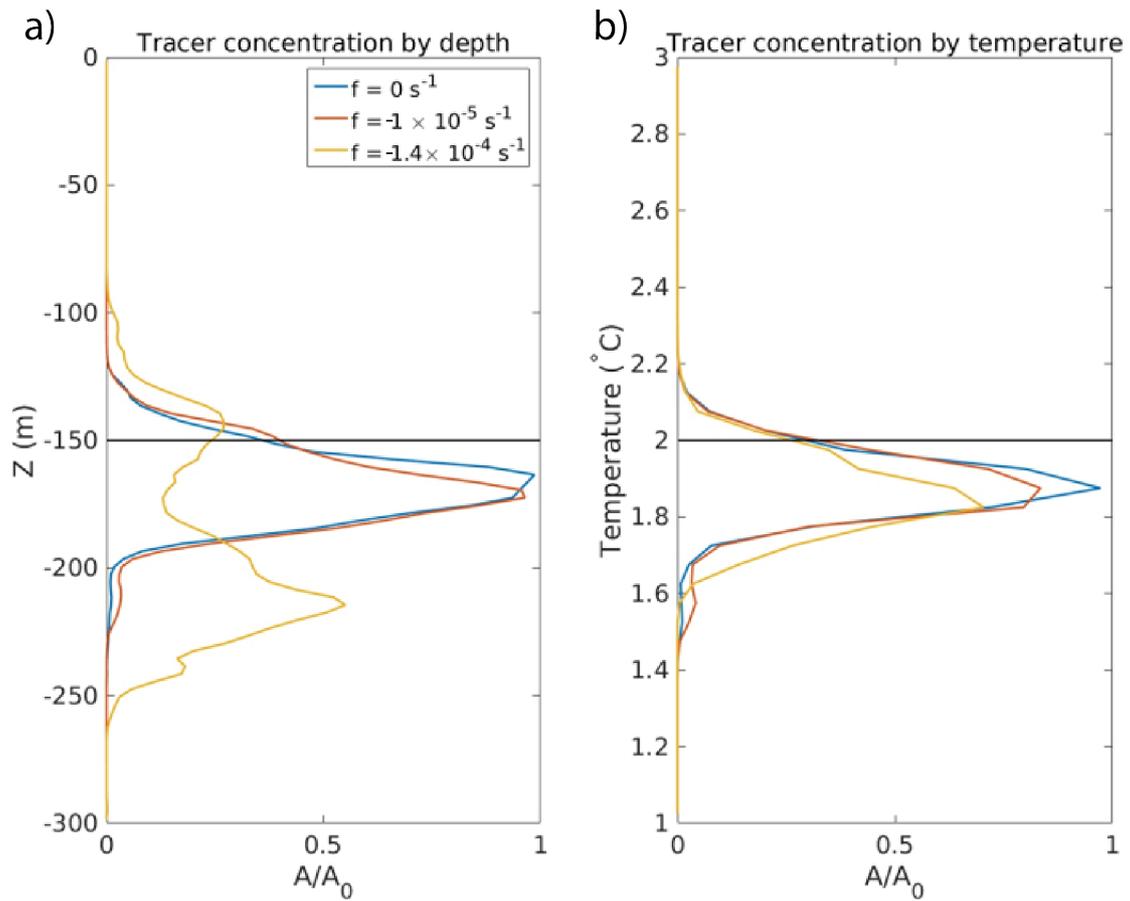
1005 all panels. Units are indicated next to the colour bars.

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1011 **Figure S8 | Vertical distribution of passive tracer on day 1 for varying planetary**

1012 **rotation.** (a) Horizontally integrated tracer concentration (normalised to a common

1013 value) as a function of depth for the Main experiment with realistic rotation ($f = 1.4 \times$

1014 10^{-4} s^{-1}), and for the two Rotation experiments with weak ($f = 1 \times 10^{-5} \text{ s}^{-1}$) and no ($f =$

1015 0) rotation. (b) Domain-mean tracer concentration (normalised to a common value) in

1016 temperature bins of 0.05 K width. The (a) depth or (b) temperature of neutral

1017 buoyancy for the simulated outflow is shown as a horizontal black line.