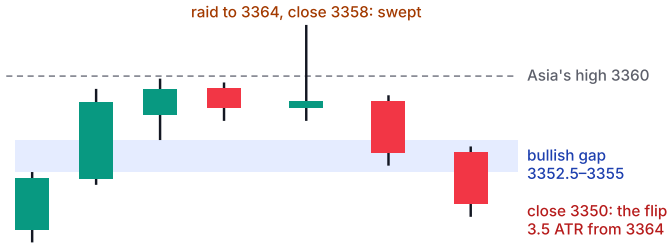
PROEA LAB · CHECKLIST · CHECKED 26 OCTOBER 2026

The gold liquidity sweep checklist

Gold's three pools, the two windows and the three steps from a raid to a plan, on New York time and closed candles: Gold Sweep Desk 1.1.0's rules at its defaults, and what our two studies of them found. In our words.



An example, not a real chart: a sweep of Asia's high and the flip, with ATR(14) at 4.

The pools

Pool	Its range	A pool from
Yesterday's high and low	The previous trading day, 18:00 to 17:00	18:00
Asia's high and low	Candles opening 20:00 to 24:00	00:00
London's high and low	Candles opening 02:00 to 05:00	05:00

New York time, by the candle's open. A pool stays fresh until any candle trades through it, in a window or not.

The clock

New York time	What it means
02:00–05:00	London window: a sweep can start a setup. London's range is still forming.
07:00–11:00	New York window: a sweep can start a setup. All three pools are live.
16:45	No entry from here; an open plan closes.
17:00–18:00	Spot gold's daily break: candles skipped.

Draw it on your chart

The strategy, with a clock you can try: proea.app/en/blog/gold-liquidity-sweep-strategy
Ours, Gold Sweep Desk: the pools, the sweep, the flip and the plan in words, full Pine v6 source: proea.app/en/pine-library/gold-sweep-desk

The checklist

1. **Clock.** Read the chart on New York time; gold's day runs 18:00 to 17:00.
2. **Pools.** Mark yesterday's, Asia's and London's highs and lows. Strike any a candle has already traded through.
3. **Window.** Only a raid in 02:00–05:00 or 07:00–11:00 can start a setup.
4. **Raid.** A candle trades through a fresh pool by at least 0.05 ATR(14).
5. **Close back inside.** On the raid candle or within the next three. Still closing beyond? Held: no setup.
6. **The gap.** The nearest opposing fair value gap born in the 30 candles before the sweep: under a swept high, a bullish one. No gap? No setup.
7. **The flip.** A close through that gap, at least 1 ATR from the sweep's extreme, within 12 candles. A close back beyond the swept level first ends it.
8. **The plan.** Entry at the flip's close; stop 0.1 ATR beyond the extreme (skip it if wider than 6 ATR); target 2R; flat at 16:45. Write it down before you act.
9. **Count forward.** Log every raid you mark and how it ended, on closed candles. Not the ones you remember.

Most sweeps never flip

On OANDA:XAUUSD 15-minute, the 63 trading days from 30 June 2026, Gold Sweep Desk counted 72 raids, 54 sweeps, 13 flips and 12 plans. A sweep alone is not a signal.

What our studies found. We tested the rule twice on 2026 gold data, with every candidate and the pass rule written down before the first result: 16 candidates on 5- and 15-minute candles, after 0.40 an ounce of costs. The one candidate that passed its search period (40 trades, profit factor 1.13) lost in its check period: 15 trades, −11.63R, profit factor 0.14. No setting became a tested default; the 2R target is a design choice. proea.app/en/blog/gold-sweep-desk-what-we-measured

Rules: Gold Sweep Desk 1.1.0's inputs at their defaults. Studies: Gold Sweep Desk: What We Measured Before Release (ProEA Lab, 1 Oct 2026); the desk's own count read on 26 Sep 2026. Our summary, checked 26 October 2026. Educational, not financial advice. © ProEA Lab · proea.app