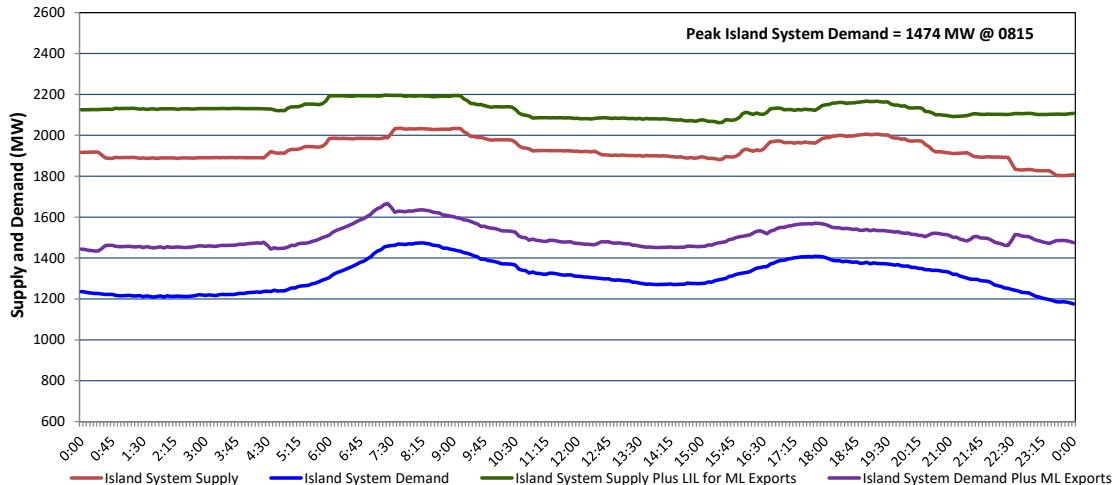


Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Friday, January 30, 2026

Section 1
Island Interconnected System - Supply, Demand & Exports
Actual 24 Hour System Performance For Thursday, January 29, 2026



Island Supply Notes For January 29, 2026

A As of 0800 hours, March 30, 2025, Holyrood Unit 3 unavailable due to planned outage 130 MW (150 MW).
 B As of 1425 hours, December 22, 2025, St. Anthony Diesel Plant available at 7.7 MW due to forced derating (9.7 MW).
 C As of 0735 hours, January 22, 2026, Bay d'Espoir Unit 7 unavailable due to forced derating 50 MW (154.4 MW).
 D As of 1605 hours, January 24, 2025, Holyrood Unit 1 available at 160 MW due to forced derating (170 MW).
 E As of 0655 hours, January 26, 2026, Cat Arm Unit 2 available at 57 MW due to forced derating (67 MW).
 F As of 1232 hours, January 28, 2025, Holyrood Unit 2 unavailable due to forced outage 40 MW (170 MW).

Section 2
Island Interconnected System - Supply, Demand & Outlook

Fri, Jan 30, 2026	Island System Outlook ²	Seven-Day Forecast	Island System Daily Peak Demand (MW)	
			Forecast ⁸	Adjusted ⁶
Island System Supply: ⁴	2,043 MW	Friday, January 30, 2026	1,470	1,373
NLH Island Generation: ^{3,7}	1,195 MW	Saturday, January 31, 2026	1,340	1,245
NLH Island Power Purchases: ⁵	130 MW	Sunday, February 1, 2026	1,305	1,210
NP and CBPP Owned Generation:	225 MW	Monday, February 2, 2026	1,335	1,240
LIL/ML Net Imports to Island: ⁹	493 MW	Tuesday, February 3, 2026	1,315	1,220
7-Day Island Peak Demand Forecast:	1,470 MW	Wednesday, February 4, 2026	1,295	1,200
		Thursday, February 5, 2026	1,350	1,254

Island Supply Notes For January 30, 2026

Notes: 1. Generation outages for running and corrective maintenance are included. These are not unusual for power system operations. They generally do not impact customer supply. Hydro schedules outages to system equipment whenever possible to coincide with periods when customer demands are low and sufficient supply reserves are available. However, from time to time equipment outages are necessary and reserves may be impacted.
 2. As of 0800 Hours.
 3. Gross continuous unit output.
 4. Gross output from all Island sources (including Note 3).
 5. NLH Island Power Purchases include: ML Imports, Exploits Generation, Rattle Brook, Star Lake, Wind Generation and capacity assistance (when applicable).
 6. Adjusted for interruptible load and the impact of voltage reduction when applicable.
 7. Due to limitations inherent in the design of combustion turbines, the output of combustion turbines may be reduced in the event that ambient temperatures exceed the threshold required for full rated output. This threshold is dependent on the design of each turbine.
 8. Does not include ML Exports.
 9. LIL Import sunk in the Island System. Actual LIL flows will be restricted by various system conditions including, but not limited to, Island Load, ML Exports and Avalon Unit status.

Section 3
Island Peak Demand and Exports Information
Previous Day Actual Peak and Current Day Forecast Peak

Thu, Jan 29, 2026	Island Peak Demand ¹⁰	8:15	1,474 MW
	Exports at Peak		161 MW
	LIL Net Imports to Island		11,038 MWh

Fri, Jan 30, 2026 Forecast Island Peak Demand 1,470 MW

Notes: 10. Island Demand is supplied by NLH generation and purchases, LIL Imports plus generation owned and operated by Newfoundland Power and Corner Brook Pulp & Paper (Deer Lake Power, DLP).