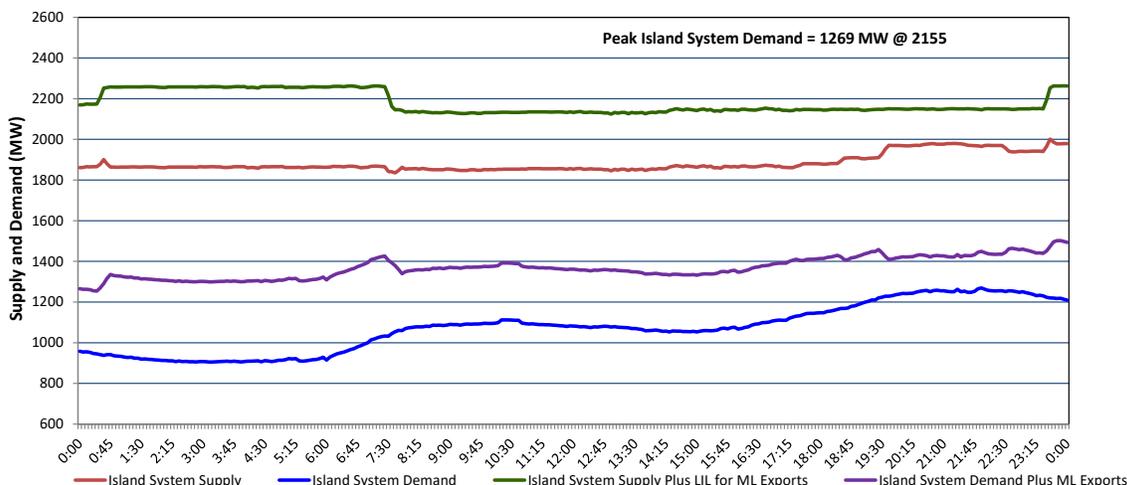


**Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Monday, March 16, 2026**

**Section 1
Island Interconnected System - Supply, Demand & Exports
Actual 24 Hour System Performance For Friday, March 13, 2026**



Island Supply Notes For March 13, 2026

- A As of 1326 hours, February 05, 2026, Cat Arm Unit 2 available at 57 MW due to forced derating (67 MW).
- B As of 0653 hours, February 27, 2026, St. Anthony Diesel Plant available at 6.7 MW due to forced derating (9.7 MW).
- C As of 1342 hours, March 07, 2026, Holyrood Unit 1 unavailable due to forced extension to planned outage 166 MW (170 MW).

**Section 2
Island Interconnected System - Supply, Demand & Outlook**

Sat, Mar 14, 2026	Island System Outlook ²	Seven-Day Forecast	Island System Daily Peak Demand (MW)	
			Forecast ⁸	Adjusted ⁶
Island System Supply: ⁴ 2,011 MW NLH Island Generation: ^{3,7} 1,510 MW NLH Island Power Purchases: ⁵ 115 MW NP and CBPP Owned Generation: 220 MW LIL/ML Net Imports to Island: ⁹ 166 MW 7-Day Island Peak Demand Forecast: 1,475 MW		Saturday, March 14, 2026	1,330	1,235
		Sunday, March 15, 2026	1,375	1,279
		Monday, March 16, 2026	1,470	1,373
		Tuesday, March 17, 2026	1,325	1,230
		Wednesday, March 18, 2026	1,230	1,136
		Thursday, March 19, 2026	1,475	1,378
		Friday, March 20, 2026	1,395	1,299

Island Supply Notes For March 14, 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**

Fri, Mar 13, 2026	Island Peak Demand ¹⁰	21:55	1,269 MW
	Exports at Peak		180 MW
	LIL Net Imports to Island		1,224 MWh
Sat, Mar 14, 2026	Forecast Island Peak Demand		1,330 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).