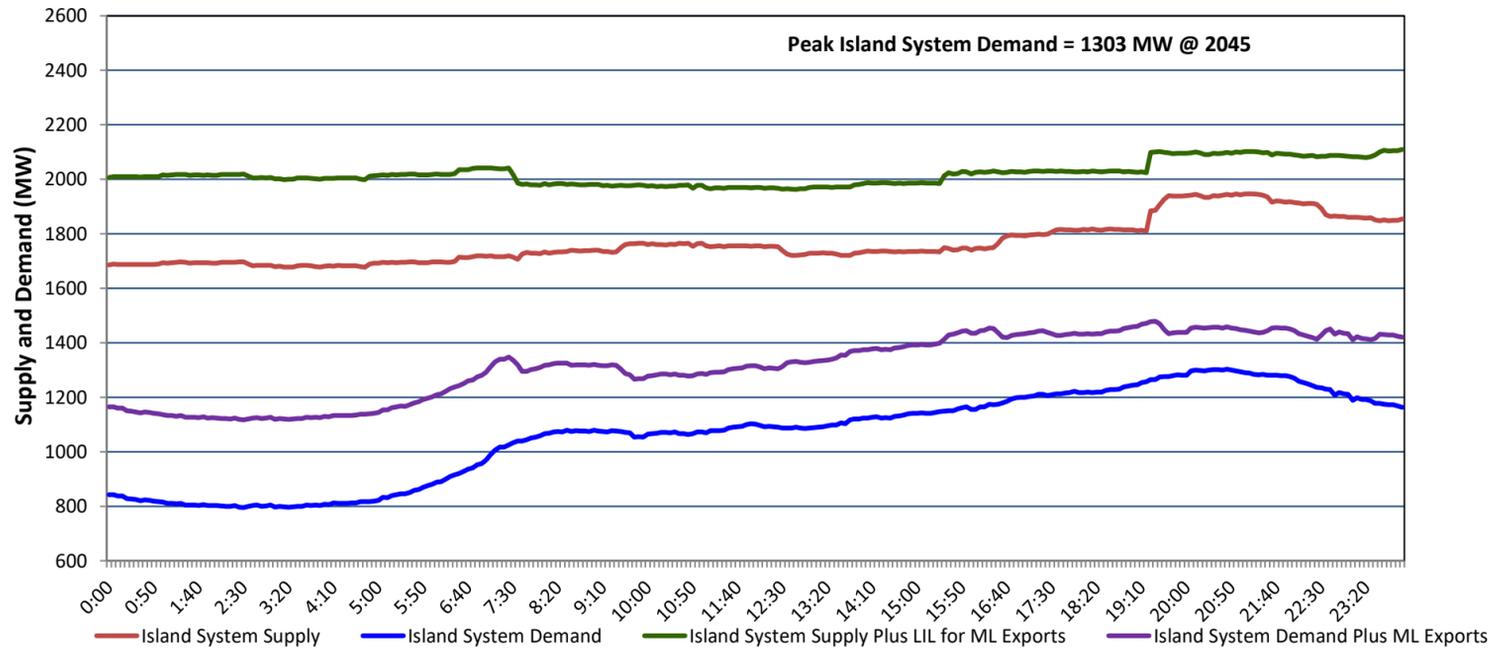


**Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Thursday, March 20, 2026**

**Section 1
Island Interconnected System - Supply, Demand & Exports
Actual 24 Hour System Performance For Wednesday, March 18, 2026**



Island Supply Notes For March 18, 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).
- D As of 1103 hours, March 16, 2026, Holyrood Unit 3 available at 50 MW due to forced derating (150 MW).
- E At 1919 hours, March 18, 2026, Hinds Lake Unit available (75 MW).

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

Thu, Mar 19, 2026	Island System Outlook ²	Seven-Day Forecast	Island System Daily Peak Demand (MW)	
			Forecast ⁸	Adjusted ⁶
Island System Supply: ⁴	2,047 MW	Thursday, March 19, 2026	1,455	1,358
NLH Island Generation: ^{3,7}	1,410 MW	Friday, March 20, 2026	1,375	1,279
NLH Island Power Purchases: ⁵	100 MW	Saturday, March 21, 2026	1,250	1,156
NP and CBPP Owned Generation:	230 MW	Sunday, March 22, 2026	1,220	1,126
LIL/ML Net Imports to Island: ⁹	307 MW	Monday, March 23, 2026	1,320	1,225
7-Day Island Peak Demand Forecast:	1,455 MW	Tuesday, March 24, 2026	1,250	1,156
		Wednesday, March 25, 2026	1,425	1,329

Island Supply Notes For March 19, 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**

Wed, Mar 18, 2026	Island Peak Demand ¹⁰	20:45	1,303 MW
	Exports at Peak		155 MW
	LIL Net Imports to Island		2,116 MWh
Thu, Mar 19, 2026	Forecast Island Peak Demand		1,455 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).