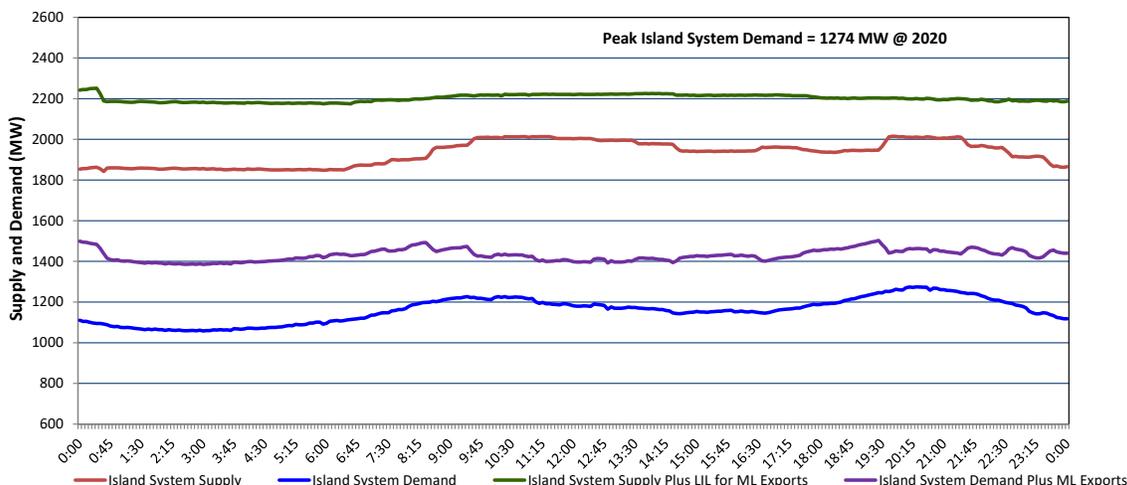


**Newfoundland Labrador Hydro (NLH)
Supply and Demand Status Report Filed Monday, March 23, 2026**

**Section 1
Island Interconnected System - Supply, Demand & Exports
Actual 24 Hour System Performance For Sunday, March 22, 2026**



Island Supply Notes For March 22, 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 2234 hours, March 20, 2026, Holyrood Unit 1 available at 166 MW due to forced derating (170 MW).
- D As of 1438 hours, March 21, 2025, Holyrood Unit 3 available but not operating 50 MW (150 MW).
- E **At 1426 hours, March 22, 2026, Paradise River Unit unavailable due to planned outage (8 MW).**

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

Mon, Mar 23, 2026	Island System Outlook ²	Seven-Day Forecast	Island System Daily Peak Demand (MW)	
			Forecast ⁸	Adjusted ⁶
Island System Supply: ⁴	1,867 MW	Monday, March 23, 2026	1,470	1,373
NLH Island Generation: ^{3,7}	1,520 MW	Tuesday, March 24, 2026	1,395	1,299
NLH Island Power Purchases: ⁵	105 MW	Wednesday, March 25, 2026	1,465	1,368
NP and CBPP Owned Generation:	225 MW	Thursday, March 26, 2026	1,330	1,235
LIL/ML Net Imports to Island: ⁹	17 MW	Friday, March 27, 2026	1,270	1,175
		Saturday, March 28, 2026	1,390	1,294
7-Day Island Peak Demand Forecast:	1,470 MW	Sunday, March 29, 2026	1,375	1,279

Island Supply Notes For March 23, 2026

- F **At 0614 hours, March 23, 2026, Labrador Island Link available at 450 MW due to planned derating (700 MW) - Monopole.**

- 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**

Sun, Mar 22, 2026	Island Peak Demand ¹⁰	20:20	1,274 MW
	Exports at Peak		189 MW
	LIL Net Imports to Island		2,130 MWh
Mon, Mar 23, 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).