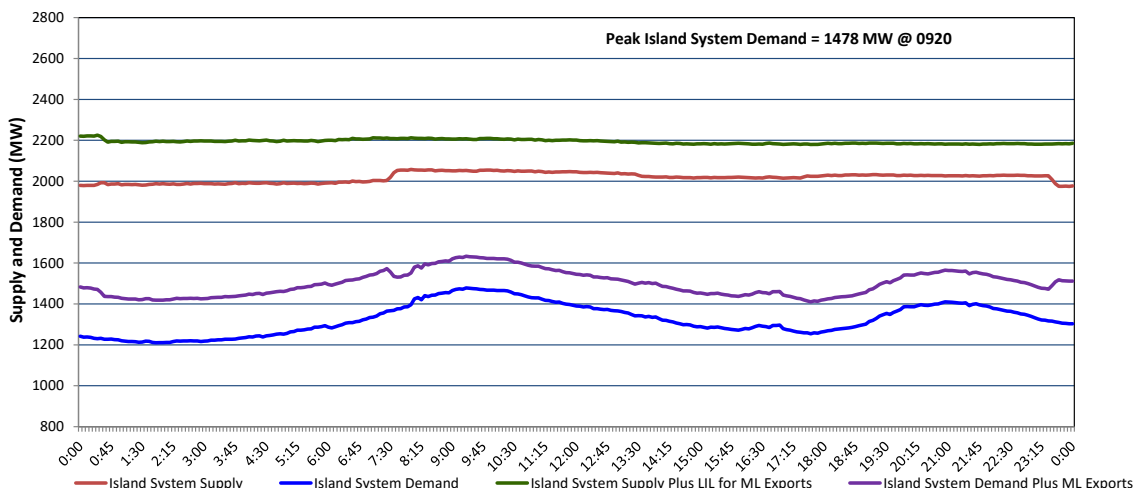


Newfoundland Labrador Hydro (NLH) Supply and Demand Status Report Filed Monday, March 30, 2026

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



Island Supply Notes For March 29, 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 2234 hours, March 20, 2026, Holyrood Unit 1 available at 166 MW due to forced derating (170 MW).
- C As of 1426 hours, March 22, 2026, Paradise River Unit unavailable due to planned outage (8 MW).
- D As of 1525 hours, March 24, 2026, Holyrood Diesels available at 8 MW due to forced derating (10 MW).
- E As of 1251 hours, March 26, 2026, St. Anthony Diesel Plant available at 7.7 MW due to forced derating (9.7 MW).
- F At 0800 hours, March 29, 2026, Holyrood Unit 3 unavailable due to planned outage (150 MW).

Section 2 Island Interconnected System - Supply, Demand & Outlook

Mon, Mar 30, 2026	Island System Outlook ²	Seven-Day Forecast	Island System Daily Peak Demand (MW)	
			Forecast ⁸	Adjusted ⁶
Island System Supply: ⁴ 2,149 MW NLH Island Generation: ^{3,7} 1,515 MW NLH Island Power Purchases: ⁵ 125 MW NP and CBPP Owned Generation: 220 MW LIL/ML Net Imports to Island: ⁹ 289 MW		Monday, March 30, 2026	1,550	1,452
		Tuesday, March 31, 2026	1,300	1,205
		Wednesday, April 1, 2026	1,365	1,269
		Thursday, April 2, 2026	1,360	1,264
		Friday, April 3, 2026	1,375	1,279
		Saturday, April 4, 2026	1,285	1,190
		Sunday, April 5, 2026	1,320	1,225
7-Day Island Peak Demand Forecast: 1,550 MW				

Island Supply Notes For March 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

Sun, Mar 29, 2026	Island Peak Demand ¹⁰	9:20	1,478 MW
	Exports at Peak		155 MW
	LIL Net Imports to Island		4,676 MWh
Mon, Mar 30, 2026	Forecast Island Peak Demand		1,550 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).